



COLCHESTER PARKS & RECREATION SUMMER 2020 ACTIVITY GUIDE

June • July • August



www.colchestervt.gov
802-264-5640

"Optimizing the Experience of Living"



CHECK OUT WHAT'S INSIDE!

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WHY GOOD PROGRAMS ARE CANCELLED

Nothing cancels a program faster than everyone waiting until the last minute to register. There are certain deadlines that are set in deciding whether a program will run or be cancelled. Typically these decisions are made 2-5 days prior to the program beginning...so register early!

OFFICE INFORMATION

Location: 781 Blakely Road
Colchester, VT 05446
Telephone: 802-264-5640
Fax Number: 802-264-5647
Website: colchestervt.gov
Office Hours: Monday - Friday,
7:30 am - 4:30 pm

OBSERVED HOLIDAYS (OFFICE CLOSED)

May 25: Memorial Day
July 3: 4th of July Observed
September 7: Labor Day

METHODS OF PAYMENT

We accept VISA, MASTERCARD, DISCOVER & AMERICAN EXPRESS credit cards, checks and cash.

CANCELLATIONS & REFUNDS

Programs that do not meet the minimum number of registrations may be cancelled. Registrants will be notified by phone and will receive a full refund. Requested refunds are only available up to 10 business days prior to the start of the program with a \$6.00 administrative fee. This applies to transfers as well.

ONLINE REGISTRATION

Now you can register 24/7 online! Registration can be made as soon as you receive this brochure. For step by step directions, log on to our website at colchestervt.gov/Recreation

PICTURE WAIVER

By participating in a Town of Colchester Recreation program, participants may be photographed for future publications or recognition of events. By signing up for a program, you are willingly signing a waiver that grants the Colchester Recreation Department permission to use your photo to promote programs. Pictures taken may be used up to 10 years after the photo was taken. If you do not wish to have your picture taken, please notify the staff prior to the activity.

SPECIAL NEEDS

We do our best to accommodate those with special needs. With a few exceptions, our parks and facilities comply with the Americans with Disabilities Act. Children and adults with special needs are encouraged to participate in our programs. Staff members are receptive to your needs and will do everything possible to assist you. If you are interested in participating in a program, but are not sure about the accessibility of a facility or wish to discuss program details, please call the Recreation Department and ask us about specifics.

NON-RESIDENTS

Non residents may register for any programs offered, on a space available basis, after February 14, 2020.

NON-RESIDENT SURCHARGE

\$10: Program Fee \$0-\$99
\$20: Program Fee \$100-\$199
\$30: Program Fee \$200+

REC ADVISORY BOARD

Adriane Martin, Chair Dick Pecor, Vice Chair Jim Neary Scott Perren
Dr. Ruth Blauwiel Julie Hulburd Student Liaison: Emma McDonald
Ashley Strong

CATHY NEARY SCHOLARSHIP FUND



It is with great pride that we have named our Scholarship Fund after Cathy Neary who was our Administrative Assistant from 2005 to 2012. In 2014, Cathy lost a courageous 11 year battle with cancer. But throughout those years, she never let it change her lovely personality or her positive attitude.

She was a kind and loving employee who felt that everyone, regardless of their financial situation, should experience the joy of recreation. There were many occasions that Cathy, out of her own pocket, financially assisted families who could not afford their portion of

the scholarship match. Although she is no longer a physical presence in our office, her presence will continue in spirit through this scholarship fund.

PARKS & RECREATION STAFF



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COLCHESTER PARKS & RECREATION “Optimizing the Experience of Living”



A MESSAGE FROM COLCHESTER PARKS & RECREATION DIRECTOR, GLEN CUTTITTA



Glen Cuttitta, CPRP
Director
gcuttitta@colchestervt.gov
802-264-5641

As I write this, it is snowing outside. The holidays are over and everyone is making their New Year's Resolutions. Most likely a resolution is to be more active and exercise more. Well, if you haven't gotten motivated yet than go out and check out our parks or register for a great program. There are many opportunities right outside your door in your community. What a great way to follow through with your resolution! The programming side of our department continues to deliver quality recreational opportunities to the residents of Colchester. Assistant

Director, Derek Mitchell, Program Director, Jenn Turmel, Recreation Coordinators, Lee Barrett, Mike LaPan, After School Director Kristin Roy and Administrative Assistant, Hannah Sorrell, work as a solid team to make sure that all residents have a positive recreational experience. Every day, I am thankful that we have such a great group of employees that strive to make the Colchester Parks and Recreation Department your #1 resource for summer fun and entertainment.

A special thanks to our Parks Manager, Andrew Newton and his staff of Jordan Cota and Josh Thibault, who create outdoor recreation opportunities in our parks with the ice rink and cross country ski trails at Airport Park this winter, and for leading an outstanding team of park workers during the summer to keep our parks, as well as our recreation paths, in tip-top shape for residents and visitors alike.

Parks and Recreation Departments are vitally important to establishing and maintaining the quality of life in a community, ensuring the health of our families' youth, and contributing to the economic and environmental well-being of a community. The quotation "Optimizing the Experience of Living" is our slogan and we work hard to make sure your recreation experiences enrich your life. Make time to take advantage of your Parks and Recreation trails, facilities, and programs during this wonderful time of year! We welcome your comments and suggestions about our facilities and programs. Let us know how we are doing.

Yours in Recreation,
Glen Cuttitta, CPRP
Colchester Parks & Recreation Director

FIND US ON THE FOLLOWING SOCIAL MEDIA:

@colchesterrec



SPECIAL EVENTS

EASTER EGG HUNT

Saturday, April 11, 2020
10:00 a.m. Bayside Park

Come join the Easter Bunny for a great egg hunt. Bring a bag or basket to put your eggs and goodies in. Please park your vehicles at Colchester High School and enter the park by the softball field road off Laker Lane. Children will be separated by age groups to hunt for eggs in different areas of Bayside Park. Ages 4 & under will be at Lower Bayside Park. Ages 5 - 8 will be at Upper Bayside Park. Don't miss this great event!

Colchester Lions Club will be hosting a food drive for the Community Food Shelf. We are asking that all participants bring at least one non-perishable or canned item to the hunt.

Sponsored by the Colchester Lions Club and Colchester Parks & Recreation.

13TH ANNUAL TOUCH A TRUCK

Saturday, May 2, 2020
Colchester High School, Parking Lot
9:00 - 10:30 a.m. (Quiet time - no sirens)
10:30 - 11:00 a.m. (Sirens may be used)

Come out and see what it's like to be in the big trucks! Children (and parents) can climb, sit and play on tractors, police cars, dump trucks, an ambulance, a school bus and a variety of other vehicles. Don't forget your cameras to capture the smile on your child's face as they sit in these neat trucks! FREE Event, rain or shine.



COLCHESTER 4TH OF JULY CELEBRATION

Saturday, July 4, 2020

Fun Run: 8:15 am at UMS

Parade: 11:00 am

Concert: 6:45 - 8:45 pm

Fireworks: Dusk, Bayside Softball Field



GREAT ESCAPE, SIX FLAGS NEW ENGLAND TICKETS

Why stand in line after traveling hours to get into your favorite amusement park? Stop by the Colchester Parks & Recreation Department and pick up your discounted tickets. 2020 prices at the gates are \$65.99 (over 48"), \$49.99 (under 48"), \$20.00 (parking passes) for Great Escape Tickets; \$72.99 (over 54") and \$62.99 (under 54") for Six Flags New England Tickets. THESE TICKETS ARE GOOD ANY DAY OF THE SEASON! **PLEASE NOTE WE DO NOT ACCEPT VISA/MASTERCARD FOR THESE TICKETS. We only accept CASH OR CHECK (Colchester Residents only for checks).**

Great Escape: Lake George, NY

\$42 per ticket (36% savings)

Daily Parking Passes Available for: \$18.00
(10% savings)

Six Flags New England: Agawam, MA

\$42 per ticket (41% savings)

SPECIAL EVENTS

SPECIAL EVENTS

8TH ANNUAL CAUSEWAY 5K, 10K & 15K RACE

Saturday, June 6, 2020
8:00 a.m. at Airport Park

Choose to run either the 5K, 10K or 15K and enjoy the scenic Colchester Causeway. This race will begin at Airport Park, following a gravel trail out onto the historic Causeway, where runners will make their way to designated turn-around points on the Causeway before returning to the finish at Airport Park. This race will take place on flat gravel and dirt trails surrounded by diverse wetlands, scenic views and Lake Champlain. Proceeds will help maintain and improve the Colchester Causeway for future generations. T-shirt included. Limit 200 runners for 5K, 250 for the 10K & 15K. 10K & 15k runners must be 12 years old or older. Register online at www.active.com. Registration opens February 1, 2020.



36TH ANNUAL COLCHESTER TRIATHLON

Sunday, July 26, 2020
8:00 a.m. at Bayside Park

Be a part of a tradition by participating in the Colchester Triathlon! Whether you compete for fun or competition, you're sure to have a grand time swimming 500 meters or 1.5 mile of kayaking. Then survive the 12 mile bike and 3 mile run. Refreshments are provided to refuel yourself after a job well done. The race is limited to the first 400 entries. Still want to be part of this amazing event, but don't want to race it? We need volunteers! If you are interested in volunteering in any capacity, contact us at 264-5640. For more information or to register, check out our Triathlon website at www.colchestertri.com or register online at www.active.com. Registration opens February 1, 2020.

SUNSET SUP & SIP

Session A: Friday, June 19, 2020
Session B: Friday, July 17, 2020

7:30 - 10:30 p.m. at Bayside Beach

Enjoy the sunset over Malletts Bay while you begin your weekend with a relaxing session of Stand Up Paddleboarding at Bayside Beach, and then enjoy a beer, wine, or spirit tasting from a local brewery, winery, or distillery. Includes SUP and PFD rental for up to 2 hours with beginner instruction prior to hitting the water, certified lifeguard accompaniment, and a tasting. **June 19:** TBD (beer, cider, or spirits), **July 17:** North Branch Vineyard; check our website and Facebook page for details this spring. ****Must be 21 years of age or older to enroll.****

FEE: \$30/person



SPECIAL EVENTS

Colchester Parks & Recreation

MOVIES IN THE PARK

DATES & LOCATIONS

Friday, August 7 – Bayside Park

Friday, August 14 – Airport Park

Friday, September 11 – Bayside Park

Saturday, October 17 – Bayside Park

8:00 p.m. Start Time: August 7 & 14

7:30 p.m. Start Time: September 11 & October 17

What better way to enjoy a beautiful summer night than to relax in your favorite Colchester Park and enjoy a movie. Colchester Parks & Recreation will be traveling around to our local parks to screen a family-friendly movie outside on our new, giant screen! Movies will start at dusk, and all films will be rated either G or PG. Please note that due to film licensing regulations, we cannot print and promote which movie we will screen. You can call our hotline number at 264-5645 after April 1st to hear the full listing of movies that will be shown this summer!

YOU'VE BEEN FLAMINGOED

The Flamingo flock has returned again to Colchester! We are all familiar with the pink flamingo yard ornament. One of the prime examples of American cultural kitsch, this plastic bird with metal legs has for years marked its owners as well... interesting. There are probably two types of people in the world: those who take the flamingos seriously as quality yard art and those who wouldn't be caught dead with even one adorning their lawn. Flamingo flocking refers to a form of lawn greeting, involving the placement of a "flock" of plastic pink flamingos in someone's yard. The flocking might be ordered by someone for placement in a friend or family member's yard, as a practical joke, or to wish someone a happy birthday or celebrate some other special occasion. And of course, anyone can order a flocking for their own yard. Should you wake up one morning and see a couple of zany looking birds on your lawn, you'll know that **YOU'VE BEEN FLAMINGOED**. We'll leave an envelope on your door step which will let you know who the prankster was that had you flocked. Also keep in mind that flocks are not allowed on common ground or public property, so unfortunately we will be unable to flock apartment complexes. Flamingoing forms available online or at the Parks & Recreation Department. For more information call 264-5648.

Flamingos available for flamingoing June - September: (MONDAY - THURSDAY)

Flock of 25: \$25.00 per flamingoing

Flock of 50: \$40.00 per flamingoing

Flock of 75: \$55.00 per flamingoing

Flamingoing insurance: \$20.00 (prevents you from being flamingoed)

*** Pink Flamingos are property of the Colchester Parks & Recreation Department. They will be placed and removed by the Recreation Department. Flocks will stay on the lawn about 24 hours before they migrate to another lawn.***

All profits go to the Colchester Parks & Recreation Cathy Neary Scholarship Fund

Lower Bayside Park (Beachside) All Concerts begin at 7:00 p.m.

Join us for Colchester's summertime tradition. Bring your lawn chairs, your blankets and picnic dinner to Lower Bayside Park for our summer concert series. Enjoy great music with the beauty of Malletts Bay as your backdrop. Admission is FREE.

JULY 9: FIDDLE WITCH

Fiddle Witch is a progressive bluegrass band from Vermont founded by Meghann Patten (Fiddle/Banjo/Vocals) and David Hughes (Bass/Vocals) to showcase bluegrass as it is today, how it still speaks about the joys and struggles of the working class, and how through music, we find hope again. They play a mix of original music written by Meghann and old standards featuring everything from sweet harmonies to fast picking. Their live appearances have brought them all around Vermont, New Hampshire, and Massachusetts, spreading mountain music from local bars and breweries, to Sugarbush's Brewgrass Fest and Killington's Cooler in the Mountains Concert Series. This summer's line up will add a mandolin and guitar to the mix as well. They anticipate a debut original album release in 2020.



JULY 16: QUADRA

Quadra has been around for more than 38 years! These guys are rocking and rolling better than ever. Tight is a good way to describe these two sets of brothers who are known for playing eclectic, epic rock! Nothing makes a band happier than dancers, and they play a lot of dance tunes. From the 70's through the 90's they will take you on a musical journey!



JULY 23: MELISSA PLETT BAND

Melissa Plett is a country soul singer/songwriter from the prairies of Manitoba, Canada, who now calls Montréal and Nashville(part-time) her home. Although she continues touring North America heavily while promoting the release of her Nashville studio album "Ghost Town," she is excited to get back into the studio and record new material in 2020! One moment you'll be stomping along with her upbeat tunes, such as "Sunshine and Liquor," the next you'll be getting lost in her emotional ballads, such as "Ghost Town," while her rich and powerful voice reaches out from the stage and pulls you in. "Hauntingly soulful, foot-stomping Country" are five words that best describe what Plett does. Give her a listen, follow her online, and see for yourself at <https://melissaplett.com/>



JULY 30: CHAD HOLLISTER QUARTET



Pacific Recording Artist Chad Hollister Band returns to Colchester's Malletts Bay with a four-piece band! Chad has opened for Paul Simon, Bob Dylan, Tom Petty and has shared the stage with Billy Gibbons of ZZ Top, Warren Haynes, as well as every PHISH member. Billboard magazine says "Chad Hollister is a no-frills kind of rocker cast from the same mold as such classic American artists as Bruce Springsteen, Tom Petty and John Mellencamp." Hollister believes music is a true gift and has the ability to uplift and change lives and the world. His music is a voice for the positive, which is needed now more than ever. His live show explodes with energy, soul and positivity, and leaves you with an appreciation for LIFE! Please join us for a special Summer show that you will not want to miss.

PRESCHOOL

PLAYGROUP

Ages Birth - 5

A great opportunity for parents and their children to connect with other parents while children engage in a group experience. Parents please bring a snack for your child. Minimum: 10.

Facilitator: Colchester Parks & Recreation Staff

Location: Colchester Meeting House, Upstairs

7/29-8/19 WED 9:30-11:00 am FREE

LITTLE MUSIC MAKERS

Ages 6 weeks - 5

This interactive music and movement class will enhance your child's verbal, social, and physical development and features a variety of fun activities for babies, toddlers, and preschoolers. Activities will include guitar sing-a-longs, movement to music, echo songs, finger plays, rhythm activities, dancing with ribbons, parachute fun, beach balls, and LOTS of bubbles!

Minimum: 8, Maximum: 16.

Instructor: Ellie Tetrick

Location: Bayside Activity Center

July 25: Colchester Meeting House

6/20-8/8 SAT 11:00-11:45 am \$65(R)/\$75(NR)
(Skip: 7/4 & 8/1)

START SMART SOCCER

Ages 3 - 5

This program introduces children to soccer without the threat of competition or the fear of getting hurt. This program is fully interactive as kids learn soccer skills like kicking, dribbling, trapping and throw ins through silly games and playing with their peers and parents. Please leave other siblings at home unless supervised by another parent or family member. We ask that parents engage with us during many of our games and activities. Pre-registration is required. Children receive two balls, shin guards and cones. Minimum: 8, Maximum: 15.

Instructor: Colchester Parks & Recreation Staff

Location: Bayside Park, Pavilion

A: 7/7-7/23 T&TH 6:15-7:00 pm \$80(R)/\$90(NR)
B: 7/27-8/12 M&W 5:45-6:30 pm \$80(R)/\$90(NR)



START SMART SPORT DEVELOPMENT

Ages 3 - 5

Sports Development is an introductory sports based program that focuses on several sports and sports skills development. Each practice will allow participants to try out and grow their sports skills through silly games and activities. As well as introducing skills like throwing, kicking, batting and catching, peer to peer engagement and simple movements will be the focus. We ask that parents engage with us during many of our games and activities. Pre-registration is required. Registration includes participant take home equipment and a mesh bag to carry it in. Minimum: 12, Maximum: 15.

Instructor: Colchester Parks & Recreation Staff

Location: Bayside Park, Pavilion

6/1-6/17 M&W 6:15-7:00 pm \$90(R)/\$100(NR)

TINY TIKES - LEVEL 2 SOCCER

Ages 4 - 5

Tiny Tikes Sports-Level 2 is a continuation of our preschool focused Start Smart programs. Each lesson will continue to grow our basic game skills, as well as introduce competition and real game play. Silly games and activities will keep your little one laughing and learning as they engage with their peers and parents and truly begin to LOVE the game. *Prerequisite: Start Smart Soccer.* Minimum: 8, Maximum: 12.

Instructor: Colchester Parks & Recreation Staff

Location: Bayside Park, Pavilion

7/28-8/13 T&TH 5:45-6:30 pm \$52(R)/\$62(NR)



A.C.E.

(Active, Creative, Enrichment)

Before & After School Program For Children Grades K - 6

**Colchester Middle School (6TH GRADE ONLY)
Porters Point School**

**Malletts Bay School
Union Memorial School**

A.C.E. Program Mission Statement

- * Provide children with an Active, Creative, Enriching before & after school experience
- * Provide staff who strive for excellence
- * Support parents by providing a quality and affordable before & after school environment for their children

Our Staff

All Before & After School staff selected by the Recreation Department must undergo a complete background check. Site Directors have education degrees and Site Assistants are working toward a degree in education or similar field. Due to new licensing regulations, our staff have to go through a rigorous certification process.

Schedule & Calendar

The A.C.E. Program follows the Colchester District School Calendar and runs Monday - Friday before school from 7:00 a.m. - 8:30 a.m. (MBS only) and is available after school until 6:00 p.m. (all sites). *The program does not run on half days.*

After School Program

Our afterschool program will provide quality childcare that parents can rely upon throughout the school calendar year. Students will work on homework, play games, make arts & crafts, play outside and much more. A healthy snack is provided for the children each day.

Anyone wishing to participate in the program that is not currently enrolled may register beginning March 23, 2020.

Registration & Enrollment

Parents must complete a registration form and submit it with a \$20 non-refundable registration fee (one time fee for new registrants to A.C.E.) along with the first week non-refundable payment. Children who cannot be immediately enrolled will be placed on a waiting list. Parents will be contacted by Colchester Parks & Recreation on the status of their child's enrollment.

Enrollment Changes

All changes in enrollment must be approved by the Program Director. A two week written notification is required for all enrollment changes. Enrollment changes must be on a permanent basis unless there is a one time emergency and permission may be granted.

Payments

Payments are due on the 15th of every month. Payments are to be made by automatic withdrawal from a savings or checking account. We will also accept Visa or MasterCard.

Financial Assistance

Assistance is available through the Vermont Agency of Human Services - Childcare Services Division. For an application or further information on the Vermont Childcare Subsidy Program call 1-800-339-3367.

Cost Per Week 2020 - 2021:

MBS, UMS, PPS

Before School Care (MBS Only)

Days Attending	1st Child	Additional Child
5 days/week	\$51	\$46
4 days/week	\$47	\$43
3 days/week	\$43	\$40
2 days/week	\$37	\$35

After School Care

Days Attending	1st Child	Additional Child
5 days/week	\$87	\$82
4 days/week	\$79	\$75
3 days/week	\$67	\$64
2 days/week	\$53	\$51

Both Before & After School Care (MBS Only)

Days Attending	1st Child	Additional Child
5 days/week	\$114	\$109
4 days/week	\$103	\$99
3 days/week	\$88	\$85
2 days/week	\$70	\$68

Cost Per Week 2020 - 2021: CMS

After School Care - 6TH GRADERS ONLY

Days Attending	1st Child	Additional Child
5 days/week	\$105	\$100
4 days/week	\$97	\$92
3 days/week	\$85	\$80
2 days/week	\$72	\$67

CMS is for 6th graders only. Around 3:15 pm they will walk over to MBS to join that program for the remainder of the day.

You may enroll your child in the A.C.E. Program for 2, 3, 4 or 5 days a week. 1 day option is not available.

For more information or to get a registration packet contact Jenn Turmel at the Colchester Parks & Recreation Department at 264-5643 or e-mail jturmel@colchestervt.gov

A.C.E. REGISTRATION



COLCHESTER PARKS & RECREATION 2020 - 2021 A.C.E. BEFORE & AFTER SCHOOL PROGRAM

Office use only:
Reg Fee: _____
Deposit: _____
Date received: _____

GENERAL INFORMATION

Child's Name: _____ Date of Birth: ____/____/____

Grade (2020 - 2021): _____ Age: _____ Gender: _____

Site (please check one): _____ CMS: 6th Graders Only _____ Malletts Bay School
(2020 - 2021) _____ Porters Point School _____ Union Memorial School

Please check days registering for **BEFORE SCHOOL: MBS ONLY** (must register at least 2 days):

____ Monday ____ Tuesday ____ Wednesday ____ Thursday ____ Friday

Please check days registering for **AFTER SCHOOL** (must register for at least 2 days):

____ Monday ____ Tuesday ____ Wednesday ____ Thursday ____ Friday

PRIMARY GUARDIAN

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: (H) _____ (W) _____

Cell Phone: _____ Pager: _____

E-Mail: _____

Relationship to child: _____

Who will be responsible for the payments: _____

SECONDARY GUARDIAN

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: (H) _____ (W) _____

Cell Phone: _____ Pager: _____

E-Mail: _____

Relationship to child: _____

EMERGENCY CONTACTS (TWO MUST BE PROVIDED - OTHER THAN PRIMARY/SECONDARY GUARDIANS):

#1 Name: _____ Relation to Child: _____

Phone: (Home) _____ (Work) _____ (Cell) _____

Do you give permission for Emergency Contact #1 to pick up your child (please circle) YES NO

#2 Name: _____ Relation to Child: _____

Phone: (Home) _____ (Work) _____ (Cell) _____

Do you give permission for Emergency Contact #2 to pick up your child (please circle) YES NO

I certify that the information provided on this form is accurate to the best of my knowledge:

Parent/Guardian Signature: _____ Date: _____

Once enrolled, a registration packet will be emailed to you in July. You must complete this registration packet, automatic withdrawal form and provide immunization records before your child can begin. Packets must be completed yearly.

CAMPS AT A GLANCE

Week	Day Camps	Athletic Camps	Specialty Camps
June 22 - 26	JRX (Ages 4-Gr. 1)^*	All Sports Camp (Gr. 5-8)^*	Abracadabra Magic Camp (Gr. 4-6)*
	Explorer (Gr. 2 & 3)^*	Fusion Taekwondo Camp (Gr. K-5)	Cache me Outside (Gr. 5-8)
	Xtreme (Gr. 4-7)*	Studio 3 Dance Camp (Gr. 1-5)	Knights and Princesses (Gr. 1-3)^*
		Sailing Camp (Gr. 3-12)	
		Tennis Academy (Gr. 1-4)	
June 29 - July 3	JRX (Ages 4-Gr. 1)^*	Junior Lifeguarding Camp (Gr. 6-8)	Mission Almost Impossible (Gr. 1-3)^*
	Explorer (Gr. 2 & 3)^*	Tennis Academy (Gr. 1-4)	Take A Hike (Gr. 5-8)
	Xtreme (Gr. 4-7)*		
July 6 - 10	JRX (Ages 4-Gr. 1)^*	Boys Baseball Camp (Gr. K - 6)	Around the World (Gr. 1-3)^*
	Explorer (Gr. 2 & 3)^*	Sailing Camp (Gr. 3-12)	Survivor (Gr. 4-6)*
	Xtreme (Gr. 4-7)*	Track & Field Camp (Gr. 3-8)*	Splash N'Gears (Gr. 5-8)
	CIT Program (Gr. 9-10)		Woods, Water, Wildlife (Gr. 5-8)
July 13 - 17	JRX (Ages 4-Gr. 1)^*	Tennis Academy (Gr. 5-8)	Fishing Camp (Gr. 5-8)
	Explorer (Gr. 2 & 3)^*	Basketball Camp (Gr. 4-8)	I'm Board (Gr. 4-6)*
	Xtreme (Gr. 4-7)*		Wild West (Gr. 1-3)^*
July 20 - 24	JRX (Ages 4-Gr. 1)^*	All Sports Camp (Gr. 5-8)^*	Discovering Drama (Gr. 1-3)^*
	Explorer (Gr. 2 & 3)^*	Sailing Camp (Gr. 3-12)	Mobile Scientists (Gr. 5-8)
	Xtreme (Gr. 4-7)*	Tennis Academy (Gr. 7-10)	Tinkering Camp (Gr. 1-3^* & 4-6*)
	CIT Program (Gr. 9-10)		
Jul 27 - 31	JRX (Ages 4-Gr. 1)^*	Frisbee Disc Golf (Gr. 5-8)	Discovering Drama (Gr. 4-6)^*
	Explorer (Gr. 2 & 3)^*	Soccer Camp (Gr. 1-8)^	Wizards World 2 (Gr. 1-3^* & 4-6*)
	Xtreme (Gr. 4-7)*	Tennis Academy (Gr. 5-8)	
August 3 - 7	JRX (Ages 4 - Gr. 1)^*	Flag Football Camp (Gr. 2-8)	Cadet Police Academy (Ages 14-17)
	Explorer (Gr. 2 & 3)^*	Football Camp (Gr. 2-8)	Cooking Cadets (Gr. 4-6)*
	Xtreme (Gr. 4-7)*	Sailing Camp (Gr. 3-12)	Fishing Camp (Gr. 5-8)
		Tennis Academy (Gr. 1-4)	Hook A Kid on Golf (Gr. 3-7)
	CIT Program (Gr. 9-10)	Windsurfing Camp (Gr. 4-10)	Space Camp (Gr. 1-3) ^*
August 10 - 14	JRX (Ages 4 - Gr. 1)^*	Studio 3 Dance Camp (Gr. 1-5)	Climb & Paddle Camp (Gr. 5-8)
	Explorer (Gr. 2 & 3)^*	Tennis Academy (Gr. 5-8)	Cooking Cadets (Gr. 1-3)*
	Xtreme (Gr. 4-7)*	Windsurfing Camp (Gr. 4-10)	Hall of Heroes Camp (Gr. 1-3)^*
			Lights, Camera...Film Camp (Gr. 5-8)
August 17 - 21 <i>(no breakfast or lunch program available this week)</i>	K.A.M.P. (Gr. 2-6)	Martial Way Martial Arts (Gr. K-7)	Just Add H2O Camp (Gr. K-2)
			One Day Adventures (Gr. 5-8)

camps with: ^ indicates free breakfast program is available / * indicates free lunch program is available

SUMMER CONTACTS

Day Camps:

JRX: 316-9778
 Explorer: 316-2918
 Xtreme/K.A.M.P.: 557-8493
 Kristin Roy: 734-0087
 Waterfront: 316-2929

Parks & Recreation Office:

Main Line: 264-5640
 Jenn Turmel: 264-5643/Cell: 316-9097
 Mike LaPan: 264-5648/Cell: 734-4421

Specialty Camps:

Lee Barrett: 734-1987

DON'T FORGET!

- [] Sunscreen
- [] Bug Spray
- [] Water Bottle
- [] Healthy Snacks
- [] Bathing Suit & Towel
- [] Sneakers

JRX DAY CAMP

Ages 4 - Entering Gr. 1

Jr. Explorer Camp (JRX) is the perfect introduction to the camp experience for first time campers. This full day camp will have exciting activities for your child to enjoy. Each week campers explore a new theme with activities built around it. There will be arts & crafts, non-competitive games and outside play for the campers each day. The camp goes to the beach every day, where your child can play in the sand and swim. This time allows your child to become more comfortable with the water as well as learn important safety skills. At JRX, we also value the importance of unstructured free play, and build time into our schedule every day for this. A weekly enrichment program will happen each week of camp. JRX camp is a great way for kids entering kindergarten to meet some of their new classmates and for 1st graders to keep building their friendships. Each day your camper will need to bring snacks, lunch (unless having lunch provided), sunscreen, water bottle, wear sneakers, bathing suit, and towel. Breakfast and lunch are offered at JRX daily, but please pack extra food in case your child does not like the menu. Camp is located at MBS, but children will walk to Bayside Park daily. Please indicate shirt size on registration form. Campers will receive one shirt no matter the amount of weeks attending. Minimum: 25, Maximum: 55.



Session A:	MON-FRI	6/22 - 6/26	7:30 am - 5:30 pm	\$169(R)/\$189(NR)
Session B:	MON-FRI	6/29 - 7/3	7:30 am - 5:30 pm	\$169(R)/\$189(NR)
Session C:	MON-FRI	7/6 - 7/10	7:30 am - 5:30 pm	\$169(R)/\$189(NR)
Session D:	MON-FRI	7/13 - 7/17 (7/17: till noon)	7:30 am - 5:30 pm	\$150(R)/\$170(NR)
Session E:	MON-FRI	7/20 - 7/24	7:30 am - 5:30 pm	\$169(R)/\$189(NR)
Session F:	MON-FRI	7/27 - 7/31	7:30 am - 5:30 pm	\$169(R)/\$189(NR)
Session G:	MON-FRI	8/3 - 8/7	7:30 am - 5:30 pm	\$169(R)/\$189(NR)
Session H:	MON-FRI	8/10 - 8/14	7:30 am - 5:30 pm	\$169(R)/\$189(NR)
Location: Malletts Bay School, Cafeteria			Staff: Colchester Parks & Recreation Fun Officials	

OPTIONAL: Swimming Lessons During JRX Day Camp

If you would like your child to enroll in swimming lessons while attending camp, you must register separately for the lessons. You must sign up for the 10:45 - 11:15 pm slot which is exclusively for Day Camp participants. Discounted \$10 off regular swim lessons. Fridays are make up days, if a lesson is cancelled during that week. Minimum: 2, Maximum: 10.

LEVELS AVAILABLE: LEVEL 1/2, LEVEL 3/4, LEVEL 5/6

*Level classification listing on Page 29

Session C: M,T,W,TH	7/6 - 7/9	10:45 - 11:15 am	\$25(R)/\$35(NR)
Session D: M,T,W,TH	7/13 - 7/16	10:45 - 11:15 am	\$25(R)/\$35(NR)
Session E: M,T,W,TH	7/20 - 7/23	10:45 - 11:15 am	\$25(R)/\$35(NR)
Session F: M,T,W,TH	7/27 - 7/30	10:45 - 11:15 am	\$25(R)/\$35(NR)
Session G: M,T,W,TH	8/3 - 8/6	10:45 - 11:15 am	\$25(R)/\$35(NR)

EXPLORER DAY CAMP



Entering Gr. 2 & 3

Does your child want to have an exciting and fun filled camp experience this summer? Do they want to make long lasting memories and friendships? Explorer Camp has something for every camper! Explorer Camp is a week-long camp that offers a variety of programs including swimming, competitive and non-competitive games, crafts, nature activities and enrichment program each week. In addition, there will be special programs that will change weekly including cooking, science activities, snorkeling, water games and more. Campers will need to bring the following each day: water bottle, sneakers, snacks, lunch (unless having lunch provided), sunscreen, bathing suit and towel. Breakfast and lunch are offered at Explorer Camp daily, but please pack extra food in case your child does not like the menu. Camp is located at CMS and will start and end in the CMS cafeteria each day. Explorer Camp will walk to Bayside Park daily for field games, and swimming. In the event of bad weather, camp will remain at CMS for the day. Please indicate shirt size on registration form. Campers will receive one shirt no matter the amount of weeks attending. Minimum: 25, Maximum: 65.

Session A:	MON-FRI	6/22 - 6/26	7:30 am - 5:30 pm	\$169(R)/\$189(NR)
Session B:	MON-FRI	6/29 - 7/3	7:30 am - 5:30 pm	\$169(R)/\$189(NR)
Session C:	MON-FRI	7/6 - 7/10	7:30 am - 5:30 pm	\$169(R)/\$189(NR)
Session D:	MON-FRI	7/13 - 7/17 (7/17: till noon)	7:30 am - 5:30 pm	\$150(R)/\$170(NR)
Session E:	MON-FRI	7/20 - 7/24	7:30 am - 5:30 pm	\$169(R)/\$189(NR)
Session F:	MON-FRI	7/27 - 7/31	7:30 am - 5:30 pm	\$169(R)/\$189(NR)
Session G:	MON-FRI	8/3 - 8/7	7:30 am - 5:30 pm	\$169(R)/\$189(NR)
Session H:	MON-FRI	8/10 - 8/14	7:30 am - 5:30 pm	\$169(R)/\$189(NR)
Location: Colchester Middle School, Cafeteria			Staff: Colchester Parks & Recreation Fun Officials	

OPTIONAL: Swimming Lessons During Explorer Day Camp

If you would like your child to enroll in swimming lessons while attending camp, you must register separately for the lessons. You must sign up for the 10:10 - 10:40 am slot which is exclusively for Day Camp participants. Discounted \$10 off regular swim lessons. Fridays are make up days, if a lesson is cancelled during that week. Minimum: 2, Maximum: 10.

LEVELS AVAILABLE: LEVEL 1/2, LEVEL 3/4, LEVEL 5/6

*Level classification listing on Page 29

Session C: M,T,W,TH	7/6 - 7/9	10:10 - 10:40 am	\$25(R)/\$35(NR)
Session D: M,T,W,TH	7/13 - 7/16	10:10 - 10:40 am	\$25(R)/\$35(NR)
Session E: M,T,W,TH	7/20 - 7/23	10:10 - 10:40 am	\$25(R)/\$35(NR)
Session F: M,T,W,TH	7/27 - 7/30	10:10 - 10:40 am	\$25(R)/\$35(NR)
Session G: M,T,W,TH	8/3 - 8/6	10:10 - 10:40 am	\$25(R)/\$35(NR)

C.I.T. (COUNSELOR IN TRAINING) PROGRAM

Entering Gr. 9 - 10

Are you interested in becoming a Camp Counselor when you are older? If so, this is a great program for you! This two week program will provide you hands-on experience in our day camps working with our JRJ, Explorer or Xtreme Explorer Camp. You will work with different counselors throughout the two week period to obtain as much knowledge as you can to assist in future counselor positions. Being a C.I.T. does not guarantee future employment with Colchester Parks & Recreation. For an application and fees associated with this program or for further information contact the Parks & Recreation office at 264-5640. Applicants go through an interview process and are not guaranteed a C.I.T. position by applying.

XTREME CAMP

Entering Gr. 4 - 7

Is your child looking for an outdoor camp experience where they can have fun with their friends and learn new games and skills? This week long camp is filled with a variety of weekly programs including field games, arts & crafts, gaga ball and an onsite enrichment program weekly. In addition, there will be special programs that will change each week including nature, cooking or science activities, paddleboarding/kayaking and inflatable fun at Bayside Beach! This camp will be held rain or shine at Bayside Park, so make sure your child has the appropriate clothing. If thunderstorms or excessive rain occurs, camp will be held or moved to Colchester High School. Campers will need to wear sneakers daily and bring a water bottle, snacks, lunch (unless having the lunch provided), sunscreen, bathing suit and towel. Lunch is offered daily and the camp walks to Colchester Middle School for the free lunch program. Please pack extra food in case your child does not like the menu. Please indicate shirt size on registration form. Campers will receive one shirt no matter the amount of weeks attending.

Minimum: 25, Maximum: 65.



Session A:	MON-FRI	6/22 - 6/26	7:30 am - 5:30 pm	\$173(R)/\$193(NR)
Session B:	MON-FRI	6/29 - 7/3	7:30 am - 5:30 pm	\$173(R)/\$193(NR)
Session C:	MON-FRI	7/6 - 7/10	7:30 am - 5:30 pm	\$173(R)/\$193(NR)
Session D:	MON-FRI	7/13 - 7/17 (7/17: till noon)	7:30 am - 5:30 pm	\$153(R)/\$173(NR)
Session E:	MON-FRI	7/20 - 7/24	7:30 am - 5:30 pm	\$173(R)/\$193(NR)
Session F:	MON-FRI	7/27 - 7/31	7:30 am - 5:30 pm	\$173(R)/\$193(NR)
Session G:	MON-FRI	8/3 - 8/7	7:30 am - 5:30 pm	\$173(R)/\$193(NR)
Session H:	MON-FRI	8/10 - 8/14	7:30 am - 5:30 pm	\$173(R)/\$193(NR)
Location: Bayside Park, Pavilion			Staff: Colchester Parks & Recreation Fun Officials	
Rain Location: Colchester High School				

OPTIONAL: Swimming Lessons During Xtreme Camp

If you would like your child to enroll in swimming lessons while attending camp, you must register separately for the lessons. You must sign up for the 10:10 - 10:40 am slot which is exclusively for Day Camp participants. Discounted \$10 off regular swim lessons. Fridays are make up days, if a lesson is cancelled during that week. Minimum: 2, Maximum: 10.

LEVELS AVAILABLE: LEVEL 1/2, LEVEL 3/4, LEVEL 5/6

*Level classification listing on Page 29

Session C: M,T,W,TH	7/6 - 7/9	10:10 - 10:40 am	\$25(R)/\$35(NR)
Session D: M,T,W,TH	7/13 - 7/16	10:10 - 10:40 am	\$25(R)/\$35(NR)
Session E: M,T,W,TH	7/20 - 7/23	10:10 - 10:40 am	\$25(R)/\$35(NR)
Session F: M,T,W,TH	7/27 - 7/30	10:10 - 10:40 am	\$25(R)/\$35(NR)
Session G: M,T,W,TH	8/3 - 8/6	10:10 - 10:40 am	\$25(R)/\$35(NR)

K.A.M.P. (KIDS, ADVENTURE, MOVEMENT, PLAY)

Entering Gr. 2 - 6

This week long camp will offer much of the same activities as our Explorer and Xtreme Camps, however there will be a field trip and some differences as our ages have expanded to accommodate more families the last week of summer! Breakfast and Lunch is not included this week, so you must pack your own lunch! Minimum: 25, Maximum: 60.

MON-FRI	8/17 - 8/21	7:30 am - 5:30 pm	\$178(R)/\$198(NR)
Location: Bayside Park		Staff: Colchester Parks & Recreation Fun Officials	

SAILING CAMP

Entering Grades 3 - 12

Ever see those beautiful boats out on the lake sailing gracefully across the water? Come join our two week Malletts Bay Boat Club Sailing Camps, where participants learn how to sail a Jr. Sail Boat. Sailing classes teach how to identify wind direction, how to rig their boats, basic knot tying, rules of the road, how to launch and land their boat, how to steer, points of sail, sailing upwind and downwind, tacking and jibing, capsize recovery, and man overboard recovery. Participants leave this camp having learned how to operate a sail boat on their own, and many from this program have gone on to join the sailing club and compete in Regattas and other sailing competitions. Following U.S. Sailing small boat curriculum, our small group instruction with multiple instructors is customized to each sailor's ability, experience and interest. Most instructions are held on the water or in our club. Weather permitting, instruction will be provided on our flying junior boats. This camp has gotten great feedback over the past two years running, and participants not only learn the basics of sailing out on the open waters, but they also are able to take their family and friends out on the lake with confidence once they complete this sailing course. Don't miss out on this amazing opportunity, taking a new skill like sailing and making it a hobby for the rest of your life. Minimum: 1, Maximum: 7.

Instructor: Malletts Bay Boat Club Staff

Location: Malletts Bay Boat Club,
662 West Lakeshore Dr

A: 6/22-7/3	M-F 9:00-12:00 pm	\$230(R)/\$260(NR)
B: 7/6-7/17	M-F 9:00-12:00 pm	\$230(R)/\$260(NR)
C: 7/20-7/31	M-F 9:00-12:00 pm	\$230(R)/\$260(NR)
D: 8/3-8/14	M-F 9:00-12:00 pm	\$230(R)/\$260(NR)



TRACK & FIELD

Ages 7 - 14 (must not turn 15 prior to 12/31/20)

Colchester Parks & Recreation's Track program helps to develop and enhance skills of running, jumping, throwing and skills that are important in the success of any sport or fitness activity, with an emphasis on fun. During this program, participants will learn all about each of the running events, throwing events and team competitions they can participate in, try out each of these events, and pick their favorites to work on throughout the season as they compete against other youth track recreation programs in the state, as well as larger track meets in Vermont. This track program will also serve as a training session for our team to attend the VRPA State Track meet on Saturday, July 18th, 2020 in St. Johnsbury. The backup VRPA State Track meet date will be on Saturday, August 1, 2020. Minimum: 20, Maximum: 50.

Instructor: Jessica Cartier, Track Director

Location: Colchester High School, Track

6/15-7/18 M&W 6:00-7:30 pm \$80(R)/\$90(NR)

YOUTH TENNIS CLINICS W/CHS

Entering Grades K - 7

Come join the CHS Varsity Tennis players and coaches for a multi-day tennis clinic. This clinic will focus on forehands/backhand volleys and strokes, serving, skill development, basic tennis movement, development of match play and understanding of rules/scoring. Mini games will also be played to teach skills. Saturday clinics will focus more on skill development and Wednesday evenings will focus on match play. This is a great clinic to meet the players and coaches at an affordable price, learn the game of tennis and get ready for our summer tennis camps. Minimum: 8, Maximum: 16.



Instructor: CHS Varsity Tennis &
Coach Dave Sharkey

Location: Bayside Park, Upper Tennis Courts

6/6-6/20 SAT & 9:00-11:00 am \$45(R)/\$55(NR)
WED 5:30-7:00 pm

STUDIO 3 DANCE CAMP

Entering Grades 1 - 5



Full Day Dance! Crafts! Nature Walk! Library and more! Come enjoy a wonderful week of dance! Learn hip hop, jazz, tap and much more! We will also enjoy lots of outside time doing arts and

crafts, nature walks, obstacle courses, races and library exploration! This camp is tons of fun and the days fly by with great activities that your child will enjoy very much! Bring a lunch, snacks, water, walking shoes and comfy clothes! We will end our fun week on Friday with a pizza party and veggie platter social provided by the studio! Minimum: 8, Maximum: 25.

Instructor: Studio 3 Dance Staff

Location: Studio 3, 65 Creek Farm Plaza

A: 6/22-6/26 M-F 9:00-4:00 pm \$200(R)/\$230(NR)

B: 8/10-8/14 M-F 9:00-4:00 pm \$200(R)/\$230(NR)

FUSION TAEKWONDO CAMP

Entering Grades K - 5

Taekwondo is a South Korean martial art that focuses on the body and mind connection. Its purpose is to build strong bodies and minds. This camp is led by Master Alisa, a pre-licensed mental health counselor, who uses a strength-based approach to help students reach their maximum potential. This week long camp focuses on building confidence, self-control, resiliency, and emotional regulation. It is a great fit for beginners, seasoned athletes, and those interested in cross-training. Our program's values are rooted in community building, diversity, and social justice. Campers will receive a t-shirt. A Martial Arts uniform WILL NOT be provided for this camp. Please bring a lunch, snack, and a water bottle. Minimum: 10, Maximum: 20.

Instructor: Damir Alisa, Fusion Taekwondo Owner

Location: Fusion Taekwondo, 110 Elm Court

6/22-6/26 M-F 9:00-3:30 pm \$250(R)/\$280(NR)

TENNIS ACADEMY

Entering Grades 1 - 4, 5 - 8 & 7 - 10

Tennis Academy is a tennis focused camp that runs from 8:00a.m. - 12:30p.m. This specialized tennis camp will focus on strokes and provide match play and/or lead-up games/drills to reinforce tennis skills and rules. Campers



must bring tennis racket, bathing suit, towel, sunscreen, lunch and plenty to drink (please no soda). Participants will be able to finish the day near the water, with time to cool down at our beautiful Bayside Beach while they eat lunch with the stunning "one of a kind" view. Minimum: 6, Maximum: 14.

Instructor: Jim Olson

Location: Bayside Park, Upper Tennis Court

Rain Location: Colchester High School, Mini Gym

GRADES 1 - 4

A: 6/22-6/26 M-F 8:00-12:30 pm \$140(R)/\$160(NR)

B: 6/29-7/3 M-F 8:00-12:30 pm \$140(R)/\$160(NR)

C: 8/3-8/7 M-F 8:00-12:30 pm \$140(R)/\$160(NR)

GRADES 5 - 8

D: 7/13-7/17 M-F 8:00-12:30 pm \$140(R)/\$160(NR)

E: 7/27-7/31 M-F 8:00-12:30 pm \$140(R)/\$160(NR)

F: 8/10-8/14 M-F 8:00-12:30 pm \$140(R)/\$160(NR)

GRADES 7 - 10

G: 7/20-7/24 M-F 8:00-12:30 pm \$140(R)/\$160(NR)



ALL SPORTS CAMP

Entering Grades 5 - 8

At All Sports Camp, campers will get the ultimate sports experience. This camp is filled with fun games that all of our campers love. During this week of camp, campers will participate in team competitions, Archery, Disc Golf, Ultimate Frisbee, Tennis, King of the Court, Basketball, Paddleboarding and Kayaking, Bayside Inflatable Waterpark, Pickleball, and SO MUCH MORE! Participants will take part in a variety of different sport activities/games and are expected to be open to each opportunity and participate. Come be a part of this close knit group of co-ed competitors, as they get a taste of sports and the lake in this fun sports camp! Minimum: 9, Maximum: 25.

Instructor: Dan Shepherd

Location: Colchester Middle School, Athletic Fields

A: 6/22-6/26 M-F 8:00-4:00 pm \$175(R)/\$195(NR)

B: 7/20-7/24 M-F 8:00-4:00 pm \$175(R)/\$195(NR)

Extended Hour Options: (Location: Explorer, CMS Cafe)

7:30 am Early Drop Off \$7 for the week

5:00 pm Late Pick Up \$13 for the week

5:30 pm Late Pick Up \$18 for the week

BOYS BASEBALL CAMP

Boys Entering Grades K - 6

Join High School Baseball Coach Tom Perry, his staff and players for our annual baseball camp. The camp emphasizes the FUNdamentals of the game of baseball. Everyday, players work on drills and skills, play games and learn to love the game! Players will enjoy throwing games, catching contests and a home run derby. The 2020 camp introduces our new and improved hitting system and instruction. This is a great camp for young players learning to love the game and for the Summer League and Little League All-Stars to take a few more ground balls and an extra supervised batting practice before the game. Please send campers with water bottle and snack for each day. Every player receives a t-shirt. Minimum: 20, Maximum: 30.

Instructor: Tom Perry, CHS Varsity Coach

Location: Colchester High School, Baseball Field

GRADES K - 2

A: 7/6-7/10 M-F 9:00-12:00 pm \$119(R)/\$139(NR)

GRADES 3 - 6

B: 7/6-7/10 M-F 9:00-12:00 pm \$119(R)/\$139(NR)

Extended Hr Option: (Location: Xtreme, Bayside Pavilion)

7:30 am Early Drop Off \$18 for the week

TRACK & FIELD CAMP

Entering Grades 3 - 8

Looking for a great camp to introduce the sport of Track and Field and develop a passion that translates for years to come? This Track and Field Camp is a great first step in learning the skills of running, jumping, throwing and relay races that are important in the success of any sport or fitness activity, with an emphasis on fun. This camp will go over different running races, hurdles, throwing events, team races and large team games. Racers will be taught about each track event opportunity, practice during the week, and finish with a Friday track meet event for friends and family members to attend. Campers will receive one shirt no matter the amount of weeks of athletic camps attending.

Minimum: 12, Maximum: 40.

Instructor: Colchester Parks & Recreation Staff

Location: Colchester High School, Track

7/6-7/10 M-F 8:00-4:00 pm \$168(R)/\$188(NR)

Extended Hr. Options: (Location: Xtreme, Bayside Pavilion)

7:30 am Early Drop Off \$7 for the week

5:00 pm Late Pick Up \$13 for the week

5:30 pm Late Pick Up \$18 for the week

BASKETBALL CAMP

Entering Grades 4 - 8

This camp will focus on basketball fundamentals including dribbling, passing, shooting, rebounding and defensive play. Each player will receive instruction and personal attention in learning basic skills while being encouraged



to learn at his/her own rate. Camp games will be played daily for enjoyment and to develop team play. Players will work on skill development with games and other fun activities focused on basketball. Players need to bring a water bottle, sunscreen, snacks and energy! All levels welcome. Campers will receive one shirt no matter the amount of weeks of athletic camps attending. Minimum: 15, Maximum: 40.

Instructor: CHS Varsity Girls Coach, George Trieb

Location: Colchester High School, Gym

7/13-7/17 M-F 8:00-12:00 pm \$130(R)/\$150(NR)

FOOTBALL CAMP

Entering Grades 2 - 8

The Colchester Football team invites you to our 16th Annual Football Camp. This non-contact football camp is for players of all levels. Camp will be a daily combination of warm-up activities, stretches, fun drills and skills and a variety of games and be focused on fundamentals (non-contact football camp). This camp is an excellent way to prepare your young player for a youth football season with the Colchester Catamounts or to expose your son/daughter to the outstanding athletic activities football can provide. No equipment is needed and players will receive a t-shirt. Participants need to bring shorts, cleats or sneakers, sunscreen, water bottle and nutritious snack. **If camp needs to be cancelled during the week for severe weather, there will not be make ups or refunds.** Minimum: 20, Maximum: 40.

Instructor: Tom Perry, CHS Varsity Coach

Location: High School, Football Practice Field

8/3-8/7 M-F 9:00-12:00 pm \$119(R)/\$139(NR)

Extended Hr Option: (Location: Xtreme, Bayside Pavilion)
7:30 am Early Drop Off \$18 for the week

If registering for both Football & Flag Football, there will be supervision of your child provided between 12:00 - 12:30 pm. Participants will attend the lunch offering.

FLAG FOOTBALL CAMP

Entering Grades 2 - 8

Come join Colchester Youth Football coach Scott Perren and his team during this non-contact Flag Football camp. During this camp, participants will learn route running, teamwork, football plays, compete in flag football games and a player draft. During the week of camp, players will form teams, make their own team play books and compete in a final tournament the Friday of camp. Participants will also go to the beach during the week when time permits. Participants need to bring shorts, cleats or sneakers, sunscreen, water bottle, bathing suit, towel, sun screen and nutritious snacks. Minimum: 12, Maximum: 40.

Instructor: Scott Perren, Colchester Youth Football

Location: High School, Football Practice Field

Rain Location: Colchester High School, Mini Gym

8/3-8/7 M-F 12:30-4:00 pm \$119(R)/\$139(NR)

Extended Hour Options: (Location: Xtreme, Bayside Pavilion)
5:00 pm Late Pick Up \$13 for the week
5:30 pm Late Pick Up \$18 for the week

SOCCER CAMP

Entering Grades 1 - 8

Youth of all ages can attain the skill necessary to have fun, be proficient, and experience success. WE EMPHASIZE LEARNING AND HAVING FUN. The purpose of our camp will be to teach individual and team skills in a healthy environment, with special emphasis on sportsmanship, teamwork, and the development of a positive self-image. During this half day camp, participants will focus on skill development, games, and daily competitions. Each participant will receive a soccer ball and t-shirt. Campers will receive one shirt no matter the amount of weeks of athletic camps attending.

Minimum: 20, Maximum: 50.

Instructors: Colchester Parks & Recreation Staff

Location: Middle School, Athletic Fields

Rain Location: CMS, Gym (Sneakers must be worn)

7/27-7/31 M-F 8:00-12:00 pm \$130(R)/\$150(NR)

Extended Hour Options: (Location: Explorer, CMS Cafe)
7:30 am Early Drop Off \$7 for the week

HOOK A KID ON GOLF

Entering Grades 3 - 7



Colchester Recreation and The Stephen J. Brown Junior Golf Foundation present this wonderful week of golf with the Head Coach of the St. Michaels College

Golf team, Jay Bedard. To be an eligible participant, you must have never played golf before and do not own a set of golf clubs. This camp is designed to introduce swing fundamentals, rules, etiquette and history of the game. The Hook a Kid on Golf Program is developed by the National Alliance for Youth Sports. Clubs will fit children up to a height of 5'6". At the end of camp, participants will get to play on a golf course with your new skills and brand new set of clubs that are yours to keep. **Please remember to select which club set your child needs (right or left handed club set) during registration, as this is very important to get correct. All shipping on orders made incorrectly by the family will be billed to the head of household for the child registered.** Minimum: 6, Maximum: 15.

Instructor: Jay Bedard, SMC Golf Coach

Location: Essex Country Club,

332 Old Stage Road, Essex Jct

8/3-8/7 M-F 8:00-12:00 pm \$194(R)/\$214(NR)

WINDSURFING CAMP

Entering Grades 4 - 10

Is your active kid ready to learn a new sport out on the water? Parks & Rec is partnering with WND & WVS Burlington to offer a windsurfing camp! Campers will learn the basics of setting up gear, reading the wind, paddling out, standing up, and sailing on the water. This is a great opportunity to discover a new activity and get out on beautiful Lake Champlain this summer. Camp includes lunch at Spot on the Dock each day too (how sweet is that!). All campers should bring a snack, water bottle, sunscreen, swim suit, and towel. All windsurfing gear is provided by the Burlington Surf Club. Camp meets each day at the Burlington Surf Club, located in Burlington's south end on the campus of what is currently the Blodgett Oven Factory at: 32 Lakeside Ave Burlington, VT 05401. Minimum: 1, Maximum: 5.

Instructor: WND & WVS Staff

Location: Burlington Surf Club
32 Lakeside Ave, Burlington

A: 8/3-8/7 M-F 8:45-1:45 pm \$325(R)/\$355(NR)
B: 8/10-8/14 M-F 8:45-1:45 pm \$325(R)/\$355(NR)

MARTIAL WAY MARTIAL ARTS CAMP

Entering Grades K - 7



Martial Arts half-day camp provides a fun week of engaging physical activity. Children respond to the action and excitement of the martial arts, while parents appreciate the discipline, focus, and important life skills it teaches.

Camp is a great way for newcomers to get an introduction to the martial arts, and for current students to practice and learn more about the martial arts. Many come away with great friends and an exciting week full of activity! If you have interest or past experience with Martial Arts, this is an awesome camp to attend! Minimum: 4, Maximum: 12.

Instructor: Dave Quinlin, Martial Way

Location: Martial Way, 73 Prim Road

8/17-8/21 M-F 9:00-12:00 pm \$185(R)/\$205(NR)

ABRACADABRA - MAGIC CAMP

Entering Grades 4 - 6

There's no trick up our sleeves, just FUN. Put on your top hat and wave your magic wand as we shout ABRACADABRA for a week of magic camp. Campers will wow their friends and colleagues by learning the tricks (lots of pun intended) of the trade. Join us for a week of magical exploration as we look into the world of magic and specifically what it takes to create some fun illusions and master the sleight of hand. Campers will not only learn and master several tricks but put on a short showcase of their newly learned talents at the end of the week. A local magician will join us during the week for a show and to teach us some of the behinds the scenes of magic tricks. We look forward to seeing you there! Campers will be going to the beach each day, so please pack a bathing suit, towel and sunscreen. Campers will also need a healthy snack, lunch and water bottle. Minimum: 15, Maximum: 20.

Instructor: Colchester Parks & Recreation Staff

Location: Bayside Activity Center

6/22-6/26 M-F 8:00-4:00 pm \$200(R)/\$230(NR)

Extended Hour Options: (Location: Xtreme, Pavilion)

7:30 am Early Drop Off \$7 for the week
5:00 pm Late Pick Up \$13 for the week
5:30 pm Late Pick Up \$18 for the week

KNIGHTS AND PRINCESSES

Entering Grades 1 - 3

What do knights and princesses have in common? They are both strong, brave and always up for an adventure! Come with us this summer for an adventure fit for any princess or knight as we craft and play our way through the week. There will be castles, dragons and some pretty epic pool noodle battles, if you dare. Be part of the fairytale this summer! Campers will be going to the beach each day, so please pack a bathing suit, towel and sunscreen. Campers will also need a healthy snack, lunch (if they don't want provided lunch) and water bottle. Minimum: 15, Maximum: 20.

Instructor: Colchester Parks & Recreation Staff

Location: Malletts Bay School, Art Room

6/22-6/26 M-F 8:00-4:00 pm \$180(R)/\$200(NR)

Extended Hour Options: (Location: JRX Camp, MBS Cafe)

7:30 am Early Drop Off \$7 for the week
5:00 pm Late Pick Up \$13 for the week
5:30 pm Late Pick Up \$18 for the week

MISSION (ALMOST) IMPOSSIBLE 2

Entering Grades 1 - 3



Summer is the best time to train as a Colchester secret agent and this camp is just the place to start. Creating disguises, infiltrating other camps and decoding secret messages are all part of the training regimen that will get your kiddo certified to go on TOP SECRET missions. Join us for a week of fun in this, the second installment of the Colchester Camp Saga, "Mission (almost) Impossible 2-Colchester Protocol"... Campers will be going to the beach each day, so please pack a bathing suit, towel and sunscreen. Campers will also need a healthy snack, lunch (if they don't want provided lunch) and water bottle. Minimum: 15, Maximum: 20.

Instructor: Colchester Parks & Recreation Staff
Location: Malletts Bay School, Art Room

6/29-7/3 M-F 8:00-4:00 pm \$180(R)/\$200(NR)
Extended Hour Options: Location: JRX Camp, MBS Cafe)
7:30 am Early Drop Off \$7 for the week
5:00 pm Late Pick Up \$13 for the week
5:30 pm Late Pick Up \$18 for the week

AROUND THE WORLD

Entering Grades 1 - 3

Come travel around the world with us this summer as we explore different cultures, language, food and so much more! Each day we will dive into new locations and learn how we differ (and how similar we are) from those we share the world with. We will get crafty with art projects, dance and sing to music and cook/eat fun food creations from ALL OVER! This week is sure to be a fun experience for all campers. The WORLD is waiting, come along! Campers will be going to the beach each day, so please pack a bathing suit, towel and sunscreen. Campers will also need a healthy snack, lunch (if they don't want provided lunch) and water bottle. Minimum: 15, Maximum: 20.



Instructor: Colchester Parks & Recreation Staff
Location: Malletts Bay School, Art Room

7/6-7/10 M-F 8:00-4:00 pm \$180(R)/\$200(NR)

Extended Hour Options: (Location: JRX Camp, MBS Cafe)

7:30 am Early Drop Off \$7 for the week
5:00 pm Late Pick Up \$13 for the week
5:30 pm Late Pick Up \$18 for the week

SURVIVOR-DEPTHS OF COLCHESTER

Entering Grades 4 - 6

The tribe has spoken...This camp will be like the the long running reality TV show...except different. Campers will break into tribes, compete in challenges and survive the Colchester OutBAC (Bayside Activity Center) for a chance to be called the ultimate survivor. Join us for a week full of fun and tribal councils. Sorry, Jeff Probst is not hosting this summer season. Can you Outwit, Outlast and Outplay™ this summer? Campers will be going to the beach each day, so please pack a bathing suit, towel and sunscreen. Campers will also need a healthy snack, lunch (if they don't want provided lunch) and water bottle. Minimum: 15, Maximum: 20.

Instructor: Colchester Parks & Recreation Staff
Location: Bayside Activity Center

7/6-7/10 M-F 8:00-4:00 pm \$180(R)/\$200(NR)

Extended Hour Options: (Location: Xtreme Camp, Pavilion)

7:30 am Early Drop Off \$7 for the week
5:00 pm Late Pick Up \$13 for the week
5:30 pm Late Pick Up \$18 for the week



WILD WEST

Entering Grades 1 - 3

WANTED-You! Reward-Lots of FUN this summer! Saddle up partner and join us in the wild Colchester west. Each day will be filled with fun western themed activities, crafts and home cooked vittles to keep the campers yelling "YEEHAWWW"! We'd be much obliged if you'd giddy up to our Wild West camp. Hats, horses, wagons and plenty of tumbleweed to go around. Come on ma and pa, sign em up! Campers will also need a healthy snack, lunch (if they don't want provided lunch) and water bottle. Minimum: 15, Maximum: 20.

Instructor: Colchester Parks & Recreation Staff

Location: Malletts Bay School, Art Room

7/13-7/17 M-TH 8:00-4:00 pm \$162(R)/\$182(NR)
F 8:00-12:00 pm

Extended Hour Options: (Location: JRX Camp, MBS Cafe)

7:30 am Early Drop Off \$7 for the week
5:00 pm Late Pick Up \$10 M,T,W,TH (No Fri)
5:30 pm Late Pick Up \$15 M,T,W,TH (No Fri)

I'M BORED

Entering Grades 4 - 6

If your kiddo is always saying "I'm bored", send them to CAMP! This week long specialty camp will focus on that little phrase as we play several BOARD games (and card games) and keep your child busy all week. Well known games like 'Catan' and 'Clue' as well as lesser known like 'Codenames' and 'Spaceteam' will have your kids laughing, strategizing and building relationships with fellow campers that they won't have time to claim..."I'm Bored." Campers will also be grouping up to create and play their own 'made at camp' board games. Campers will be going to the beach each day, so please pack a bathing suit, towel and sunscreen. Campers will also need a healthy snack, lunch (if they don't want provided lunch) and water bottle. Minimum: 15, Maximum: 20.

Instructor: Colchester Parks & Recreation Staff

Location: Bayside Activity Center

7/13-7/17 M-TH 8:00-4:00 pm \$162(R)/\$182(NR)
F 8:00-12:00 pm

Extended Hour Options: (Location: Xtreme Camp, Pavilion)

7:30 am Early Drop Off \$7 for the week
5:00 pm Late Pick Up \$10 M,T,W,TH (No Fri)
5:30 pm Late Pick Up \$15 M,T,W,TH (No Fri)

TREMENDOUS TINKERERS

Entering Grades 1 - 3 & 4 - 6

Tinkering has been described as a playful, experimental, iterative style of engagement where "makers" look at and reassess their goals, finding new paths, and imagining new possibilities. Allow your child to become a Maker and join the Colchester tinkering movement this summer. We will create and build structures, take apart old machines, re-imagine their use and jump into daily fun and engaging challenges that will keep campers busy and having a blast. Campers will be going to the beach each day, so please pack a bathing suit, towel and sunscreen. Campers will also need a healthy snack, lunch (if they don't want provided lunch) and water bottle. *Note-there are two sections of this camp broken up by grade level.* Minimum: 15, Maximum: 20.

Instructor: Colchester Parks & Recreation Staff

Location: A: Malletts Bay, Art Room (Gr. 1-3)

B: Bayside Activity Center (Gr. 4-6)

ENTERING GRADES 1 - 3

A: 7/20-7/24 M-F 8:00-4:00 pm \$180(R)/\$200(NR)

ENTERING GRADES 4 - 6

B: 7/20-7/24 M-F 8:00-4:00 pm \$180(R)/\$200(NR)

Extended Hour Options: (Gr. 1-3 Location: JRX, MBS Cafe)
(Gr. 4-6 Location: Xtreme, Bayside Pavilion)

7:30 am Early Drop Off \$7 for the week
5:00 pm Late Pick Up \$13 for the week
5:30 pm Late Pick Up \$18 for the week



DISCOVERING DRAMA

Entering Grades 1 - 3 & 4 - 6

Campers will have a blast discovering their "inner actors" in this FUN, hands-on, beginner drama camp! Children will sing, dance, improvise, play theater games, practice clowning and work together to bring stories to life. The weeks learning and fun will culminate with a showcase performance on Friday afternoon. Parents and families are invited to join us as the little actors show off what they have learned. Campers will be going to the beach each day so proper swim-wear and sunscreen should be packed each day. All campers should also come prepared with snacks, lunch (if they don't want provided lunch) and water. Minimum: 10, Maximum: 12.

Instructor: Colchester Parks & Recreation Staff

Location: Malletts Bay School, Music Room

ENTERING GRADES 1 - 3

A: 7/20-7/24 M-F 8:00-4:00 pm \$210(R)/\$240(NR)

Extended Hour Options: (Location: JRX, MBS Cafe)

7:30 am Early Drop Off	\$7 for the week
5:00 pm Late Pick Up	\$13 for the week
5:30 pm Late Pick Up	\$18 for the week

ENTERING GRADES 4 - 6

B: 7/27-7/31 M-F 8:00-4:00 pm \$210(R)/\$240(NR)

Extended Hour Options: (Early Drop 7:30: JRX, MBS Cafe)
(Late Pick Up Location: Explorer, CMS Cafe)

7:30 am Early Drop Off	\$7 for the week
5:00 pm Late Pick Up	\$13 for the week
5:30 pm Late Pick Up	\$18 for the week

HALL OF HEROES

Entering Grades 1 - 3

Calling all Colchester Kid Heroes! We need you! Join us for a SUPER camp with HEROIC activities! Our week of camp will include many superhero crafts and activities as well as visits from many local heroes (that don't wear a cape). "Everyone has a superhero inside of them waiting to be discovered". Come discover the true HERO! Campers will be going to the beach each day, so please pack a bathing suit, towel and sunscreen. Campers will also need a healthy snack, lunch (if they don't want provided lunch) and water bottle. Minimum: 15, Maximum: 20.

Instructor: Colchester Parks & Recreation Staff

Location: Malletts Bay School, Art Room

8/10-8/14 M-F 8:00-4:00 pm \$180(R)/\$200(NR)

Extended Hr Options: (Location: JRX, MBS Cafe)

A1: 7:30 am Early Drop Off	\$7 for the week
A2: 5:00 pm Late Pick Up	\$13 for the week
A3: 5:30 pm Late Pick Up	\$18 for the week

WIZARDS' WORLD 2

Entering Grades 1 - 3 & 4 - 6

Wizards, Witches, Half-Bloods and Muggles alike are invited back for year 2 at Colchester Wizards' World. This summer will be another one for the spell book as we continue our wizarding studies with spells, potions, Quidditch and more. Get ready for an official Wizards' Cup tournament with each camper competing for points for their house and preparing to graduate from the Colchester school of witchcraft and wizardry. There also happens to be a very famous wizard celebrating his birthday on Friday during camp, lets raise our wands and say Happy Birthday to Harry Potter. Follow The Marauder's Map to Wizarding fun this summer! Campers will be going to the beach each day, so please pack a bathing suit, towel and sunscreen. Campers will also need a healthy snack, lunch (if they don't want provided lunch) and water bottle. *Note-there are two sections of this camp broken up by grade level.* Minimum: 15, Maximum: 20.

Instructor: Colchester Parks & Recreation Staff

Location: A: Malletts Bay, Art Room (Gr. 1-3)

B: Bayside Activity Center (Gr. 4-6)

ENTERING GRADES 1 - 3

A: 7/27-7/31 M-F 8:00-4:00 pm \$180(R)/\$200(NR)

ENTERING GRADES 4 - 6

B: 7/27-7/31 M-F 8:00-4:00 pm \$180(R)/\$200(NR)

Extended Hour Options: (Gr. 1-3 Location: JRX, MBS Cafe)
(Gr. 4-6 Location: Xtreme, Bayside Pavilion)

7:30 am Early Drop Off	\$7 for the week
5:00 pm Late Pick Up	\$13 for the week
5:30 pm Late Pick Up	\$18 for the week



OUT OF THIS WORLD - SPACE CAMP

Entering Grades 1 - 3

3...2...1...BLAST OFF!! Off we go into Colchester orbit with you our kiddo astronaut crew. This week will be spent "Out of this World" having a ton of fun as we spend our days doing things like-creating moon sand, building cardboard (scooter) rockets and living our best life amongst the stars! The International Colchester Station is ready for your arrival, come aboard. Campers will be going to the beach each day, so please pack a bathing suit, towel and sunscreen. Campers will also need a healthy snack, lunch (if they don't want provided lunch) and water bottle. Minimum: 15, Maximum: 20.

Instructor: Colchester Parks & Recreation Staff

Location: Malletts Bay School, Art Room

8/3-8/7 M-F 8:00-4:00 pm \$180(R)/\$200(NR)

Extended Hour Options: (Location: JRX, MBS Cafe)

7:30 am Early Drop Off \$7 for the week

5:00 pm Late Pick Up \$13 for the week

5:30 pm Late Pick Up \$18 for the week



COOKING CADETS

Entering Grades 1 - 3 & 4 - 6

The Bayside Activity Center will serve as our kitchen and restaurant space as campers mix, sauté, bake, chop, boil and decorate their way through several recipes. We will begin with breakfast, nibble some appetizers, munch on entrees and satisfy our sweet tooth with desserts. Campers will have the opportunity to create their own cook book inclusive of all recipes we create during the week. We will end the week with a small cooking/decorating competition to tap into our inner MASTER chef spirit. This is a hands on camp that will allow campers to assist in all food creations. Please let us know of any food allergies before the start of camp. Campers will be going to the beach each day, so please pack a bathing suit, towel and sunscreen. Campers will also need a healthy snack, lunch (if they don't want provided lunch) and water bottle.

Minimum: 12, Maximum: 15.

Instructor: Colchester Parks & Recreation Staff

Location: Bayside Activity Center

ENTERING GRADES 4 - 6

A: 8/3-8/7 M-F 8:00-4:00 pm \$180(R)/\$200(NR)

ENTERING GRADES 1 - 3

B: 8/10-8/14 M-F 8:00-4:00 pm \$180(R)/\$200(NR)

Extended Hour Options: (Location: Xtreme, Bayside Pavilion)

7:30 am Early Drop Off \$7 for the week

5:00 pm Late Pick Up \$13 for the week

5:30 pm Late Pick Up \$18 for the week

LIGHTS,CAMERA, ACTION! FILM CAMP

Entering Grades 5 - 8



Kids will have the opportunity to learn about the equipment used to create television programming and create their own short program to air on Lake Champlain Access Television. All participants will be taught how to operate a camera, direct a television program and digitally edit their work. Each camper will

receive a DVD of all the projects completed during the camp. Kids should bring a snack as we will break for snack each day.

Minimum: 4, Maximum: 10.

Instructor: LCATV Staff

Location: LCATV, Creek Farm Plaza

8/10-8/14 M-F 9:00-12:00 pm \$65(R)/\$75(NR)

CADET POLICE ACADEMY

Ages 14 - 17

The purpose of the Cadet Police Academy is to provide today's youth with the tools necessary to overcome challenges, instill discipline, and confidence. Cadet Police Academy is a one week event that is staffed by Colchester officers and officers from surrounding agencies. The program is designed to give youth a better understanding of law enforcement activities while living in an atmosphere similar to police training. The camp will be held at the Colchester Police Department (unless otherwise specified). Camp topics will be Forensic Science, Crime Scene Investigation, Patrol Procedures, Defensive Tactics/Handcuffing, CPR/First Aid, Physical Training, and more.

There will be a mandatory meeting on July 27, 2020 at 6:30 pm for Cadets and Parents/Guardians. Minimum: 12, Maximum: 20.

Instructor: Colchester Police Department

Locations: Colchester Police Department,
835 Blakely Road

8/3-8/7 M-F 8:00-4:00 pm \$100(R)/\$120(NR)

CACHE ME OUTSIDE...HOW BOUT DAT!

Entering Grades 5 - 8

You can (Geo)CACHE us outside in this camp designed specifically to have us traveling and exploring the great outdoors of Vermont. We will be heading to areas around the state looking for "Caches" which are hidden containers placed by another individual or group. These caches usually contain small trinkets (left by those who have found it previously) as well as a log book for groups to write when they discovered the hidden treasure. Using GPS and some good ol' fashioned exploring we will travel on and off trail to see what we can find. There will also be chances for participants to create and hide their own cache. Participants should come prepared for the weather, be ready to hike/explore the outdoors and pack plenty of snacks/lunch/water. We plan to be outside ALL day.

Minimum: 8, Maximum: 13.

Instructor: Colchester Parks & Recreation Staff

Drop Off/Pick Up Location: Bayside Parking Lot

6/22-6/26 M-F 8:00-4:00 pm \$230(R)/\$260(NR)

Extended Hours: (Location: Xtreme, Bayside Park Pavilion)

7:30 am Early Drop Off \$7 for the week

5:00 pm Late Pick Up \$13 for the week

5:30 pm Late Pick Up \$18 for the week

TAKE A HIKE (WITH OVERNIGHT)

Entering Grades 5 - 8

We're not saying "go away" but literally, Take a Hike! Join us as we travel around Vermont and take in its natural beauty while hiking several trails including a few legs of the famous Long Trail. We will build our stamina for the first few days, hiking a number of easy to moderate trails and ending our week with an overnight on the Long Trail. If your child needs gear for the overnight stay please indicate when registering (Sleeping bag, Backpack, Sleeping pad etc.). Cooking gear and food for overnight are included in the cost. Campers will have a hand in planning the meals and logistics for the overnight trip. Campers should be able to hike 3-5 miles each day on terrain that varies in difficulty. Good sturdy hiking boots are recommended for even the smaller day hikes. A letter will be sent home prior to this camp filling in details.

Minimum: 8, Maximum: 13.

Instructor: Colchester Parks & Recreation Staff

Drop Off/Pick Up Location: Bayside Parking Lot

**6/29-7/3 M-TH 8:00-4:00 pm \$325(R)/\$355(NR)
F pick up 12:00 pm**

***If you need to rent gear it will be \$25 more**

Extended Hour Options: (Location: Xtreme Camp, Pavilion)

7:30 am Early Drop Off \$5 M,T,W,TH (No Fri)

5:00 pm Late Pick Up \$10 M,T,W,TH (No Fri)

5:30 pm Late Pick Up \$15 M,T,W,TH (No Fri)

WOODS, WATER, WILDLIFE

Entering Grades 5 - 8



Spend five days in the outdoors with professional guides! This popular program will focus on: hiking, outdoor skills, wildlife identification, outdoor fire building, canoeing, water safety, spin and fly fishing. Learn skills that will last a lifetime. Participants will be physically active daily. Please prepare by bringing nutritious snacks and lunch, plenty of water and appropriate clothing for all weather activities. A hot dog lunch will be provided on Monday. Minimum: 6, Maximum: 15.

Instructor: Mark Wilde,

Uncle Jammers Guide Service

Locations: Monday: Bayside Park

Tuesday-Friday: Colchester Pond

7/6-7/10 M-F 9:00-4:00 pm \$233(R)/\$263(NR)



FISHING CAMP

Entering Grades 5 - 8

This summer, Colchester Parks and Recreation will give kids a memorable fishing experience! During this five day camp, participants will travel to different bodies of water while trying to catch different species of fish. Along the way, we will educate you on fish identification, fishing regulations, lure, bait and equipment choices, outdoor skills and Vermont Fish and Wildlife's Let's Go Fishing program. Camp will be led by a Professional Outdoor Guide who will provide you with some fishing secrets. Fishing rod, reel and safety glasses provided.

Minimum: 10, Maximum: 13.

Instructor: Mark Wilde

Drop Off/Pick Up Location: Bayside Parking Lot

A: 7/13-7/17 M-F 7:30-12:30 pm \$206(R)/\$236(NR)

B: 8/3-8/7 M-F 7:30-12:30 pm \$206(R)/\$236(NR)

SPLASH N' GEARS

Entering Grades 5 - 8



Visit Vermont's premium mountain bike locations and then take a dip in popular waterholes. We will travel around VT to different mountain bike trails and beaches/water locations. Participants must bring a mountain

bike, helmet, bathing suit, towel, snack, water bottle, lunch and sunscreen each day. Participants will learn basic bike maintenance during the week from Malletts Bay Bicycle and Ski Shop, have time on the Bayside Beach inflatables, visit Catamount Outdoor Center, Saxon Hill, Sunny Hollow, Essex Pool and more! An email will be sent out prior to camp with trip details.

Minimum: 10, Maximum: 13.

Instructor: Dan Shepherd

Drop Off/Pick Up Location: Bayside Parking Lot

7/6-7/10 M-F 8:00-4:00 pm \$265(R)/\$295(NR)

Extended Hours: (Location: Xtreme, Bayside Park Pavilion)

7:30 am Early Drop Off \$7 for the week

5:00 pm Late Pick Up \$13 for the week

5:30 pm Late Pick Up \$18 for the week

MOBILE SCIENTISTS

Entering Grades 5 - 8

This traveling camp is for those who are curious about the sciences and looking to expand their knowledge. Vermont has some very fun and unique science experiences and we intend to visit a few this week. Join us as we load the van and travel to museums, Planetariums, Nature Centers and more to curb our scientific enthusiasms and gain some new insight in the World of Science. Campers should pack snacks, lunch and water each day and be prepared for weather and drives around Vermont. Minimum: 10, Maximum: 13.



Instructor: Colchester Parks & Recreation Staff

Drop Off/Pick Up Location: Bayside Parking Lot

7/20-7/24 M-F 8:00-4:00 pm \$250(R)/\$280(NR)

Extended Hours: (Location: Xtreme, Bayside Park Pavilion)

7:30 am Early Drop Off \$7 for the week

5:00 pm Late Pick Up \$13 for the week

5:30 pm Late Pick Up \$18 for the week

FRISBEE DISC GOLF CAMP

Entering Grades 5 - 8

Visit Vermont's premium Frisbee disc golf locations, learn skills, play and develop Frisbee golf courses and receive your very own 3 disc set to use during camp and keep! We will travel around VT to different Frisbee disc golf locations including courses in Essex Junction, Hinesburg, Waterbury, Charlotte, Williston. Each day, participants must bring their disc set, active clothing, sneakers, bathing suit, towel, snack, water bottle, lunch and sunscreen. Participants will learn basic Frisbee golf skills during the week, play on different courses in VT, design their own course, play in match play, hang at the beach and more! A letter will be sent out prior to camp with trip details. Minimum: 10, Maximum: 13.

Instructor: Dan Shepherd

Drop Off/Pick Up Location: Bayside Parking Lot

7/27-7/31 M-F 8:00-4:00 pm \$230(R)/\$260(NR)

Extended Hours: (Location: Xtreme, Bayside Park Pavilion)

7:30 am Early Drop Off \$7 for the week

5:00 pm Late Pick Up \$13 for the week

5:30 pm Late Pick Up \$18 for the week

CLIMB & PADDLE

Entering Grades 5 - 8

Do you love hiking, kayaking, stand up paddle boarding and adventuring through different areas in Vermont? If so, this is the camp for you! Join us each day as we embark on a new adventure. Participants will travel by van to hike each day and finish it off by enjoying the water by participating in kayaking, SUP or swimming activities. This camp plans to visit Mount Elmore, Lake Elmore, Mount Philo, Snake Mountain, Winooski River, Stowe Pinnacle, Mount Hunger, Bayside Beach Inflatables and more! A letter with specifics and what to bring will be sent out prior to camp. Participants must bring active clothing, sneakers, bathing suit, towel, snack, water bottle, lunch and sunscreen each day. Minimum: 10, Maximum: 13.

Instructor: Dan Shepherd

Drop Off/Pick Up Location: Bayside Parking Lot

8/10-8/14 M-F 8:00-4:00 pm \$275(R)/\$305(NR)

Extended Hours: (Location: Xtreme, Bayside Park Pavilion)

7:30 am Early Drop Off \$7 for the week

5:00 pm Late Pick Up \$13 for the week

5:30 pm Late Pick Up \$18 for the week



ONE DAY ADVENTURES

Entering Grades 5 - 8

Wrap up the summer with some awesome One Day Adventures around Vermont! Join us for one, two, three, four or ALL FIVE DAYS of amazing adventures as we travel each day to a new and exciting location for fun and adventure. Monday: Vermont River Tubing, Tuesday: Arbortrek, Wednesday: Great Escape, Thursday: Jay Peak Pump House, Friday: Escape Room/Colchester Paintball. An email will be sent out prior to explain specifics.

Minimum: 8, Maximum: 13.

Instructor: Colchester Parks & Recreation Staff

Drop Off/Pick Up Location: Bayside Parking Lot



A: 8/17	MON	8:30-4:00 pm	\$107(R)/\$127(NR)	(VT Tubing)
B: 8/18	TUE	8:00-4:00 pm	\$110(R)/\$130(NR)	(Arbortrek)
C: 8/19	WED	8:00-7:00 pm	\$130(R)/\$150(NR)	(Great Escape)
D: 8/20	TH	9:00-5:00 pm	\$118(R)/\$138(NR)	(Pump House)
E: 8/21	FRI	9:00-4:00 pm	\$130(R)/\$150(NR)	(Escape Room/Paintball)
F: 8/17-8/21	MON-FRI	TIMES ABOVE	\$545(R)/\$645(NR)	(ALL 5)

BAYSIDE BEACH

BAYSIDE BEACH LIFEGUARD ON DUTY

June 20 - August 23, Mon - Sun: 10 a.m. - 6 p.m.

DAILY ADMISSION IS FREE

JUNIOR LIFEGUARDING CAMP

Entering Grades 7 - 9



This week long camp is an introductory program to the world of Lifeguarding. This camp is perfect for the aspiring lifeguard. The camp is instructed by

our waterfront staff. At this camp jr. lifeguards will learn what it takes to become a lifeguard before making the full commitment which is a 28 hour class. Our Jr. Lifeguarding Camp offers step by step skill development with safety in mind. We take great pride in offering challenging activities in a fun atmosphere. Respect, building confidence, physical conditioning and learning responsibility are all aspects of this engaging camp. Participation in this camp does not guarantee future employment with Colchester Parks & Recreation. ***This is not a certification program.*** Minimum: 6, Maximum: 12.

Instructor: Colchester Parks & Recreation Staff

Location: Bayside Beach

6/29-7/2 M-TH 9:00-12:00 pm \$95(R)/\$105(NR)

JUST ADD H2O CAMP

Entering Grades K - 2

This camp is for fans of the water. Participants will experience aquatic joy as they discover the large wet playground in their backyard known as Lake Champlain. This camp is perfect for children who aren't quite ready to settle on one water activity/sport for an entire week. There will be water games,

arts and crafts, sand exploration, water science, swimming activities and so much more! Campers will also enjoy activities out of the water as well so please be sure to pack sneakers, shorts, t-shirt, bathing suit, towels, sunscreen, snacks, water-bottle and lunch. All campers should be proficient swimmers. Minimum: 12, Maximum: 20.

Instructor: Colchester Parks & Recreation Staff

Location: Bayside Beach



8/17-8/21 M-F 8:00-4:00 pm \$178(R)/\$198(NR)

Extended Hr. Options: (Location: K.A.M.P., Bayside Pavilion)

7:30 am Early Drop Off

\$7 for the week

5:00 pm Late Pick Up

\$13 for the week

5:30 pm Late Pick Up

\$18 for the week

BEACH RULES

- ~ Swimming is permitted when Lifeguards are on duty
- ~ Lifeguard chair and equipment are off limits to everyone except lifeguards
- ~ Children under the age of 12 must be accompanied by an adult
- ~ Non-swimmers must remain in shallow water area at all times
- ~ Children using swimming aids must be within arm's length of an adult at all times
- ~ All floatation devices must stay in the swim area. Rafts with oars or other boats must stay out of the swimming area
- ~ Uncooperative person(s) with staff in matters of safety/discipline will be asked to leave.

The Following are NOT PERMITTED

- ~ Running on stairs
- ~ Running, laying or playing on hill or rock wall
- ~ Throwing sand, rocks, sticks, or other hard objects
- ~ Smoking, alcohol or drugs
- ~ Swimming outside of area
- ~ Head first entries (diving) in shallow area (less than 6 feet)
- ~ Pets
- ~ Fishing
- ~ Grills, fires or glass containers

BAYSIDE BEACH

SWIMMING LESSONS

We provide enjoyable swim lessons with proven professional methods and techniques. Swimming lessons will be taught on both land and water, therefore lessons are held rain or shine, except during an electrical storm (phone calls will be made if class is cancelled). Four-day sessions consist of 30 - minutes of instruction. Class size is limited to ensure quality instruction. Please review the skills required for each level (located on page 29) and register your child for the appropriate class. Instructors may move a child to a different level while maintaining our low ratio of children to instructor to better accommodate your level. Levels may be combined in order to hold classes, but be assured this will not compromise the quality of the class. Classes will be held at Bayside Beach.

DATES OF CLASS: Classes are held Monday - Thursday. Make-ups will be held on Friday if the class was cancelled by the Recreation Department, with a maximum of one make up day.

PARENT VIEWING: Once lessons begin, we ask parents to view from the hill or by the stone wall so the children will focus on the instructor.

PARKING: Parents are asked to park at the Bayside Parking Lot at Bayside Park and walk across to the beach for lessons.

Full listing of level classification on Page 29

AVAILABLE SESSION DATES

Session A: July 6 - 9
Session B: July 13 - 16
Session C: July 20 - 23

Session D: July 27 - 30
Session E: August 3 - 6
Session F: August 10 - 13

WEEKLY LESSONS: MONDAY-THURSDAY
(Fridays used as make up if we cancel lessons)

FEE: \$35(R)/\$45(NR)

Minimum # of students to run session: 2

Group Swimming Lessons - Summer 2020 Bayside Beach

	July 6 - 9	July 13 - 16	July 20 - 23	July 27 - 30	August 3 - 6	August 10 - 13
Parent/Child			4:30 - 5:00 pm		3:45 - 4:15 pm	
Level 1 Tadpoles	3:45 - 4:15 pm	4:30 - 5:00 pm 5:15 - 5:45 pm	4:30 - 5:00 pm 5:15 - 5:45 pm	3:45 - 4:15 pm 4:30 - 5:00 pm	3:45 - 4:15 pm	3:45 - 4:15 pm 5:15 - 5:45 pm
Level 2 Frogs	3:45 - 4:15 pm 4:30 - 5:00 pm	4:30 - 5:00 pm 5:15 - 5:45 pm	4:30 - 5:00 pm 5:15 - 5:45 pm	3:45 - 4:15 pm 4:30 - 5:00 pm	4:30 - 5:00 pm 5:15 - 5:45 pm	3:45 - 4:15 pm 5:15 - 5:45 pm
Level 3 Dolphins	4:30 - 5:00 pm 5:15 - 5:45 pm	3:45 - 4:15 pm	5:15 - 5:45 pm	4:30 - 5:00 pm 5:15 - 5:45 pm	4:30 - 5:00 pm 5:15 - 5:45 pm	3:45 - 4:15 pm 4:30 - 5:00 pm
Level 4 Whales	5:15 - 5:45 pm	3:45 - 4:15 pm	3:45 - 4:15 pm	5:15 - 5:45 pm		4:30 - 5:00 pm
Level 5/6 Sharks			3:45 - 4:15 pm	5:15 - 5:45 pm		

PRIVATE SWIMMING LESSONS

Ages 3 - 15

Don't see a group lesson time that works for you? Are you wanting a little more one-on-one attention on your strokes? This option is perfect for you! Scheduling private swimming lessons is a great way to get more attention to focus on individual needs and become a strong, confident swimmer. It also allows for more flexibility with busy schedules. Participants will receive FIVE half-hour lessons at Bayside Beach. Please ensure your contact information is up to date when registering; waterfront staff will contact you to schedule your lessons. Lessons will not be conducted after August 13.

5 - Half Hour Lessons

Dates & Times TBD between Parents & Instructor

\$60(R)/\$70(NR)

BAYSIDE BEACH

BAYSIDE PADDLE SPORTS RENTALS AVAILABLE

10 am - 8 pm

June 20 - August 23 (7 Days a Week)

Available Rentals:

- * Stand Up Paddleboards (SUP)
- * Pedal Boat
- * Kayaks (1 & 2 person)

Rental Rates:

\$15 One Hour
\$20 Two Hours
\$30 Four Hours
\$40 Six Hours

Bayside Paddle Sports/Waterfront

Phone: (June 20 through August 23)
802-316-2929

Cash, Check & Credit Cards Accepted



BAYSIDE INFLATABLE WATER PARK RENTALS AVAILABLE

Mon - Fri: 12 pm-5 pm,

Sat & Sun: 11 am-5 pm

June 20 - August 16

(7 Days a Week) (Subject to change)

Rental Rate: \$5 per 1/2 hr

***must wear our life jackets & be 48 inches
or taller to use***

**Children ages 12 and under must be accom-
panied by a paying adult over the age of 18.**

**Children ages 13 - 15 must have an adult
over the age of 18 present at the beach.**



SWIMMING LESSON LEVEL CLASSIFICATIONS

PARENT/CHILD LESSONS (KNOWN AS P/C): Parents & Children ages 6 months - 3: this class builds swimming readiness by emphasizing fun in the water. Parents and children participate in several guided practice sessions that help children learn elementary skills, including water entry, bubble blowing, front kicking, back floating, underwater exploration and more.

LEVEL 1: TADPOLES (WATER EXPLORATION): Ages 3+ Prerequisite: Children should have an interest in swimming and be able to participate independent from parents. Goal: Gradual water adaptation, breath holding, submersion of face, eyes open under water, bubble blowing, bobbing with bubbles and air exchange, supported front and back floats.

LEVEL 2: FROGS (PRIMARY SKILLS): Ages 4+ Prerequisite: Children should have a basic understanding of front and back floats and be able to put face under water and blow bubbles. Front float and recover, back glide and recover, enter and exit water independently.

LEVEL 3: DOLPHINS (STROKE DEVELOPMENT): Ages 6+ Prerequisite: Children should be able to float and do the beginners stroke for at least 15 feet. Stroke Development: builds on the skills in Level 2 by providing additional guided practice.

LEVEL 4: WHALES (STROKE DEVELOPMENT): Ages 7+ Prerequisite: Children should be able to glide and recover both front and back. Should be able to cover 15 feet on their front and back kicking and have at least a crude arm motion. Goal: develops confidence in the strokes learned and to improve other aquatic skills.

LEVEL 5/6: SHARKS (STROKE REFINEMENT & PROFICIENCY): Ages 8+ Prerequisite: Children should be able to swim front and back with arms for at least 20 feet. Goal: Front crawl with breathing, backstroke with arms, tread water, surface dives, introduction to butterfly, Develop maximum efficiency and endurance for strokes, introduce flip turns, encourage lifetime fitness, refine strokes learned in previous levels, learn advanced rescue skills.

FAMILY/ALL AGES

TAI CHI ON THE BEACH

Ages 6+



Tai Chi is a form of martial art that is slow, smooth and continuous to help improve coordination and balance — which are important for all ages. Bring awareness

to your body and mind in this relaxing introduction to Tai Chi with the serene waters of Malletts Bay at your side! ***This is a family program; all children must be accompanied by an adult who is also registered and participating in class too.*** Class is held outdoors, so appropriate clothing, sunscreen, and sunglasses are encouraged. In the event of inclement weather, class will be cancelled with a make-up date attempted.

Minimum: 6, Maximum: 16.

Instructor: Viviane Levy

Location: Bayside Beach

7/7-7/28 TUE 3:30-4:30 pm \$30(R)/\$40(NR)Ages 14+
\$20(R)/\$30(NR)Ages 6-13

FAMILY SUP & S'MORES

Ages 8+ (under the age of 18 must be accompanied by adult)

Enjoy a beautiful evening on Malletts Bay while you paddle as a family. Stand Up Paddleboarding is a fun way to exercise while you explore the lake. We'll paddle for one hour, and then



return to Bayside Beach to enjoy s'mores and the sunset from the hill overlooking Bayside Beach. Includes SUP and PFD rental for 1 hour of paddleboarding. ***Parents MUST register, attend, and be out on the water with their child; one person per paddleboard.***

Minimum: 6, Maximum: 16.

Instructor: Colchester Parks & Recreation Staff

Location: Bayside Beach

8/13 TH 7:00-8:30 pm \$15(Adults: 13+)/\$10(Children)

LEARN TO SAIL

Ages 7+



Discover Malletts Bay and the sport of sailing this summer! The International Sailing School on Lakeshore Drive is pleased to continue to offer this twelve-hour instructional program for families and individuals ages 7 to adult (7 - 11 year olds must be accompanied by a registered adult). Students may participate as much or as little as they like. Just relax and enjoy the experience or train toward certification, the choice is yours! Teaching ratios will be four students per one instructor. The type of vessel will depend on your goals: a small 21-26' cruiser for the "laid back experience" or a 27' racing sloop for the "intense learner." Curriculum will be tailored and customized as per skill level, but look for the following to be covered: terminology, departing and returning to a mooring, sail trim, tacking and gybing, steering a

steady course, points of sail, safety requirements and more. Minimum: 6, Maximum: 12.

Instructor: International Sailing School Staff

Location: International Sailing School, 511 W. Lakeshore Drive

A: 6/23-6/26 TUE-FRI 5:30-8:30 pm \$129(R)/\$149(NR) Individual / \$194(R)/\$238(NR) Family of 2

B: 7/21-7/24 TUE-FRI 5:30-8:30 pm \$129(R)/\$149(NR) Individual / \$194(R)/\$238(NR) Family of 2

SUPYO: Stand Up Paddleboard Yoga

If you're looking for a new challenge, yoga on a stand up paddleboard will reinvigorate you and help you become calm & healthy. SUP Yoga aims to introduce you to a unique yoga experience while enjoying the natural splendor of floating on water. We are here to ease you into this exciting and relaxing experience in beautiful Malletts Bay. All equipment is provided in the class and our certified instructor from Exhale Massage & Yoga will teach you everything you need to know, so don't worry if you are a beginner! Be empowered through your breath and balance to follow your bliss. If you own your own paddleboard discounts are available! Walk-ons accepted if space allows for \$25 per class. Maximum: 10.

Introductory 1-Day Class:

Wed: July 1: 6 - 7:30 pm

Fee: \$20(R)/\$30(NR)

4-Week Series:

Wed: July 8 - 29: 6 - 7:30 pm

Sat: August 1 - 22: 9 - 10:30 am

Fee: \$65(R)/\$75(NR) (need board)

\$50(R)/\$60(NR) (bring own board)



Instructor: Kelly Reagan, Exhale Massage & Yoga
Location: Bayside Beach

INTRO TO WINDSURFING

Ages 18+

Did you know Lake Champlain is a great location to windsurf? Ever thought about learning or need a refresher on gear and technique? This is your opportunity to get on a board and find out how fun this sport can be! This class is designed for first-time windsurfers or those who may be feeling a little rusty, but ready to pick it up again. We'll teach you how to read the wind so that you'll know which direction to sail and how much sail area you'll need. You'll learn the proper way to rig and tune your sail for optimal performance, then ultimately get on the water to learn the basics of windsurfing. This program is offered in collaboration with WND & WVS Burlington; all lessons take place at the Burlington Surf Club, located in Burlington's south end on the campus of what is currently the Blodgett Oven Factory at: 32 Lakeside Ave Burlington, VT 05401. Wear a swimsuit and bring a towel - all other equipment provided. Maximum: 5.

Instructor: WND & WVS Staff

Location: Burlington Surf Club,
32 Lakeside Ave, Burlington

A: 8/15	SAT	10:00 am-1:00 pm	\$40(R)/\$50(NR)
B: 8/22	SAT	10:00 am-1:00 pm	\$40(R)/\$50(NR)

TRY SCUBA

Ages 18+

Experience a new way to explore the Bay! If you've always wanted to try to Scuba dive, now is your chance for a basic introduction. Certified diving instructors



from the Waterfront Diving Center will spend about 20 - 30 minutes explaining the basic principles of diving and how the gear works. They will then take you on shallow 'dives' in the safe environment of the Bayside Beach area. Although there is no time limit set for the diving portion, most will be in the water for about one half hour. No experience necessary, pre-registration is required. Wear a bathing suit and bring a beach towel. Minimum: 6, Maximum: 12.

Instructor: Waterfront Diving Center

Location: Bayside Beach

8/8	SAT	10:00 am-12:00 pm	\$38(R)/\$48(NR)
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RUNITY FOR WOMEN

Ages 18+

Runity continues to grow a community of runners in Colchester! Join us as we learn to “get FIT to RUN, instead of RUNNING to get FIT!” This summer session of Runity will include adaptations for those that have already taken a Runity course and would like to continue to advance their performance through tempo and use of props. For those new to Runity: this is a training program designed to help you build up to distance running through total body fitness. You’ll be taught specific exercises in a circuit training manner to open tight shoulders and hips, and condition the foot, hip, and core. You will learn to align, breathe, and find your tempo as a runner. We’ll spend most classes outdoors at Bayside Park. Mary Grunvald is a Physical Therapist, charity marathon runner and trained Runity Coach. Bring water, running shoes, and dress for the weather. Minimum: 4, Maximum: 12.

Instructor: Mary Grunvald, PT, Runity Coach

Location: Bayside Park (near Activity Center)

5/26-6/30 TUE 6:00-7:00 pm \$72(R)/\$82(NR)

BACK TO NATURE YOGA FLOW

Age 18+

Yoga means “union” and this class will reunite you with nature. Absorb all the benefits of being outdoors while focusing on awareness, breathe, and moving through a strong and slow flow. Feel invigorated, grounded, and refreshed after spending some time connecting to yourself, your body and the earth around you. All levels welcome from beginner to expert! Bring a yoga mat and wear comfortable/ weather-appropriate clothes that allow you to move easily. Sunscreen, sunglasses, and an extra towel or blanket are suggested too. Meet in the High School main lobby; if the weather is nice, we will practice outdoors, if it is raining, we’ll be in Room 101. Minimum: 5, Maximum: 12.

Instructor: Gabrielle Brooks

Location: Colchester High School, Lawn

Rain Location: CHS, Room 101

6/22-8/10 MON 5:30-6:30 pm \$74(R)/\$84(NR)

SAND VOLLEYBALL

Ages 18+

Stop by Monday & Wednesday evenings for some exciting sand volleyball! Players of all levels are invited to attend. What better way to enjoy the scenic view of Malletts Bay! All you need to bring is water to drink, we will provide the sand! Limited to the first 24 players to sign the waiver sheet each evening. Maximum: 24.

Facilitators: Mary Meyers, Kaylee Wolitzer or Bob Zwonik

Location: Bayside Park, Sand Volleyball Courts

6/1-9/2 M&W 6:00 pm - Dark FREE

YOGA BY THE LAKE

Ages 18+

An outdoor yoga class based on our Yoga for Fitness program! Appropriate for all levels, even if you have never done yoga before, beginner to experienced. This program is designed with emphasis on developing strength, flexibility and muscle tone using the practice of yoga. You will get a full body workout that will burn fat and contribute to overall fitness and wellness, all while enjoying a wonderful view of Malletts Bay. Bring a yoga mat and water bottle. Sunscreen and bug spray recommended. Minimum: 6, Maximum: 10.

Instructor: Carol Kiewit Leinwohl

Location: Lower Bayside Park (beachside)

Rain Location: Bayside Activity Center

7/1-8/5 WED 7:00-8:00 pm \$69(R)/\$79(NR)

POUND ROCK OUT WORKOUT

Age 18+

This is a full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements. Using Ripstix® - lightly weighted drumsticks engineered specifically for exercising - POUND transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities. Minimum: 5, Maximum: 15.

Instructor: Colchester Health & Fitness Instructor

Location: Colchester Health & Fitness, Prim Rd.

7/8-7/29 WED 4:30-5:15 pm \$55(R)/\$65(NR)

ADULT TENNIS LESSONS

Ages 18+

Reformatted for 2020! Now offered as one-day clinics with a specific technique to learn or build upon. Whether you're new to the sport or looking to refine your skills, these clinics will be a great opportunity for further instruction. All players should have their own racket. Receive a discount if signing up for all three at the same time. **SERVING:** Serving is an essential skill for any tennis player. We'll pay special attention to tossing to start a serve, guiding placement of the ball on the other side of the net, and proper racket height and angle for a strong serve. **VOLLEYS:** Volleys are essential for controlling the pace of a tennis match. Learn to use them to your advantage through drills that emphasize proper approach, footwork, racket prep, and changing pace. **GROUND STROKES:** Similar to volleys, ground strokes require careful footwork and racket prep. Drills will also focus on swing path, adding topspin, and slices. Minimum: 3, Maximum: 8.

Instructor: Jim Olson

Location: Bayside Park, Upper Tennis Courts

SERVING

7/15 WED 6:30-7:30 pm \$15(R)/\$25(NR)

VOLLEY

7/22 WED 6:30-7:30 pm \$15(R)/\$25(NR)

GROUND STROKES

7/29 WED 6:30-7:30 pm \$15(R)/\$25(NR)

ALL 3 WEEKS

7/15-7/29 WED 6:30-7:30 pm \$35(R)/\$65(NR)

EARLY MORNING RIP & RIDE

Age 18+

This class combines bike intervals with weight training in between. Your trainer will have you use a combination of different equipment such as weights, balls, tubes and bands to tone the body and then switch to bike intervals to get your body in a perfect fat burning zone for the rest of the day. Great class for any fitness level. Moves are easily modified to accommodate any body. Limited space! Minimum: 3, Maximum: 6.

Instructor: Colchester Health & Fitness

Location: Colchester Health & Fitness, Prim Rd.

7/21-8/13 T&TH 5:45-6:15 am \$80(R)/\$90(NR)

BALLS, BANDS AND ABS

Age 18+

A great class to help increase flexibility, balance and core stability. You will create long, lean muscles with this light-weight, high-repetition workout. The core exercises will not only tone those abs, but build muscles in the lower back as well for overall better core stabilization.

Minimum: 5, Maximum: 15.

Instructor: Colchester Health & Fitness

Location: Colchester Health & Fitness, Prim Rd.

8/1-8/29 SAT 8:00-8:45 am \$55(R)/\$65(NR)



HOT SHOTS PICKLEBALL ROUND ROBIN

Ages 30+

Enjoy the new dedicated Pickleball courts at Airport Park and show off your skills at this round robin tournament. Join Pickleball players from across the area and compete for the top spot. Teams of two may be male/male, female/female, or mixed - all will play each other through the round robin. Players should be intermediate-to-advanced level players (IFP rating of about 3.0 or higher). This is NOT an IFP or USA-PA sanctioned tournament. Registration fee is for a team of two: please list player names when registering. Pre-registration is required due to limited availability. All games played at Airport Park; dedicated courts not guaranteed, some games may take place on a tennis court lined for Pickleball. Prizes will be awarded to the top finishers.

Minimum: 3 Teams, Maximum: 10 Teams.

Instructor: Colchester Parks & Recreation Staff

Location: Airport Park, Tennis & Pickleball Courts

8/15 SAT 10:00 am Start \$30(R)/\$40(NR)
Per team of 2

CONTAINER GARDENING

Ages 18+

If you like to get your hands in the dirt and grow your own flowers and vegetables, but find you don't have the space in your yard (or don't have a yard at all!) for a garden, then come learn about Container Gardening. Join Laurie from Sam Mazza's Farm Market and Greenhouse and learn to successfully garden in a confined space. We'll talk about what types of plants grow best in the space you have, including different varieties of both flowers and vegetables, and proper maintenance, pruning, and fertilizing to be successful in cultivating your container garden. Bring a pot if you want, and we'll also help you to best organize your container to ensure a bountiful garden all season long. This class is conveniently scheduled earlier in the season when you can still find many items in the greenhouse on-site and begin planting a garden right after class!

Minimum: 3, Maximum: 20.

Instructor: Laurie Bombard

Location: Sam Mazza's Farm Market, Lavigne Rd

6/3 WED 5:30-7:30 pm \$25(R)/\$35(NR)

LANDSCAPE PHOTOGRAPHY WORKSHOP

Ages 18+

If you have a little bit of digital photography know-how under your belt and would like to further your knowledge of using manual functions to capture stunning landscape shots, then join us for this three-hour primer. Instructed by Kate Paquette of Moments By Kate Photography, we'll meet at Boyden Farm in Cambridge to practice taking sunset photos of their barn, silos, vineyard, and surrounding property for the quintessential summer-in-Vermont photo. We'll cover composing a shot, using natural light to your advantage, and variations in manual functions to get the best photo possible. This is also an opportunity to experiment and get feedback from other photographers. **Dress for the weather, we will still take photos if it is overcast or drizzling. Bug spray is recommended. All participants must have their own DSLR camera with manual functions and a tripod.** Minimum: 5, Maximum: 8.

Instructor: Kate Paquette, Moment By Kate

Location: Boyden Farm, VT Rt 15 & 104
Cambridge, VT

8/12 WED 6:00-9:00 pm \$56(R)/\$66(NR)

SPRING CLEAN LIKE A PRO

Ages 18+

Join Beth Warren, Professional Organizer and owner of Organize My Home, for an informative workshop on how best to tackle spring cleaning projects and how to organize any space. In this interactive session you are encouraged to ask questions and bring photos of challenging spaces at home, which can either be shared with the group or discussed privately at the end of the session.

Minimum: 5, Maximum: 20.

Instructor: Beth Warren, Organize My Home

Location: Bayside Activity Center

5/6 WED 6:00-7:30 pm \$19(R)/\$29(NR)

INTRO TO BEEKEEPING

Ages 18+

Join Michael Willard of the Green Mountain Bee Farm for a lecture on the dos and don'ts of beekeeping. Tending a colony of honey bees is a fun and rewarding practice that can easily be done in your backyard with the right materials and space. We'll talk about how to identify common hive issues, hive management techniques, honey extraction and general good beekeeping practices. Michael will also have an observation hive for participants to get an added insight into the hive behavior, and some honey to taste test. Minimum: 3, Maximum: 20.

Instructor: Michael Willard, Green Mtn Bee Farm

Location: Bayside Activity Center

6/9 TUE 6:00-7:00 pm \$5(R)/\$15(NR)

NO FOOD SCRAPS IN THE LANDFILL

Ages 18+

Join Lauren Layn, Community Outreach Coordinator for the Chittenden Solid Waste District, as she outlines the benefits of "closing the loop" with your own household food scraps by keeping them out of the landfill. Don't have space for a backyard system? We will discuss other options you can adopt to help Vermont continue to do what's best for our environment. Minimum: 5, Maximum: 20.

Instructor: Lauren Layn, CSWD

Location: Bayside Activity Center

6/15 MON 6:00-7:30 pm FREE

DISCOVER VERMONT HISTORY**Ages 55+**

Vermont has a rich history of art and experience, beautifully preserved at museums throughout the state. This summer, take a moment to explore these collections and exhibits as you make new friends and travel as a group on these one day trips. From the philanthropic collections at the Fairbanks Museum and St. Johnsbury Athenaeum, to the underground railroad history of Rokeby, and the maritime history of Lake Champlain at the Maritime Museum, this is a great time to explore those destinations you wouldn't normally visit in your day-to-day travels. Pre-registration is required. Sign up for one, or receive a discount by signing up for all three! Transportation and museum entry included with fee. Van leaves the Bayside Lot at 8:30am. Are you a Colchester resident, but no longer drive? Call Parks & Recreation to schedule a pick-up and the van will meet you at your home!

Minimum: 6, Maximum: 14.

Facilitator: Colchester Parks & Recreation Staff

Departure Location: Bayside Park, Parking Lot

ST. JOHNSBURY (FAIRBANKS MUSEUM)

A: 6/9 TUE 8:30-3:00 pm \$40(R)/\$50(NR)

FERRISBURGH (ROKEBY MUSEUM)

B: 6/10 WED 8:30-3:00 pm \$40(R)/\$50(NR)

VERGENNES (MARITIME MUSEUM)

C: 6/11 TH 8:30-3:00 pm \$40(R)/\$50(NR)

ALL 3 TRIPS

D: 6/9-6/11 T-TH 8:30-3:00 pm \$100(R)/\$130(NR)

**ARBORTREK ZIP LINE ADVENTURE****Ages 55+**

You're never too old to try something that may seem a little crazy! Enjoy the beautiful summer weather and scenic Green Mountain views at Mt. Mansfield with a guided zip line canopy tour through the tree tops. Two canopy tour guides will lead the group on this educational and entertaining adventure where safety and instruction go hand-in-hand with local ecology and Vermont natural history. Zip lining is low-impact and perfect for first-timers. If you are curious if this trip is the right fit for you, call Mike at 802-264-5648. Transportation by 15-passenger van is included with your fee. **Registration/Cancellation Deadline: May 1.**



Minimum: 9, Maximum: 14.

Facilitator: Colchester Parks & Recreation Staff

Departure Location: Bayside Park, Parking Lot

6/12 FRI 9:00-4:00 pm \$130(R)/\$150(NR)

UNITED WAY® BONE BUILDERS**Age 55+**

Osteoporosis is often referred to as a 'silent disease' because the first sign is often a bone fracture. The United Way of Northwest Vermont has developed the Bone Builders research-based program to incorporate strength training twice per week to dramatically reduce the risk of fractures due to osteoporosis in adults 55 and over. The goal is to help older adults age successfully through exercising on a regular basis, staying connected to others, and decreasing the risks of osteoporosis, including falls and fractures. Weight training, balance exercises, and nutritional education will all be covered. Come prepared to exercise in clothes that fit comfortably, sturdy shoes, and a water bottle. PRE-REGISTRATION IS REQUIRED. Minimum: 5, Maximum: 15.

Instructor: Certified Bone Builders Instructor

Location: Colchester Meeting House, Upstairs

6/15-7/22 MON&WED 9:00-10:00 a.m. FREE



BEGINNER PICKLEBALL

Ages 55+

Pickleball combines the elements of tennis, badminton, and table tennis on a badminton-sized court with a modified tennis net. This sport requires a degree of physical fitness and mobility, and is a fun way to improve cardio and build hand-eye coordination. Our beginner lessons will teach you the rules of the game, scoring, serving, and other basic techniques. There will be plenty of time to scrimmage with other beginners in doubles games. Paddles are provided, or bring your own if you have one. All participants should wear sturdy tennis shoes or running shoes, wear comfortable clothing that will allow you to move freely, and bring a water bottle. These lessons are great for beginners or those that have a little experience, but are working their way up to consistent game play. Minimum: 4, Maximum: 10.

Instructor: Ron Tofani

Location: Bayside Park, Lower Tennis Courts

A: 6/23-7/7 TUE 11:00-12:30 pm \$20(R)/\$30(NR)
B: 7/21-8/4 TUE 11:00-12:30 pm \$20(R)/\$30(NR)

**LOOKING FOR A PICKLEBALL
ROUND ROBIN TOURNAMENT?
CHECK OUT PAGE 33**

PICKLEBALL SKILLS & DRILLS CLINIC

Ages 55+

Participants must have taken a beginner level lesson to enroll in this course. This 3-week clinic is perfect for advanced beginner to intermediate players who have a strong knowledge of the rules, a reliable serve, reasonable mobility and practice good teamwork. Lessons will cover more advanced drills and techniques and prepare you for more competitive matches. Drills will cover returning a serve, offensive serving, overheads, lobs, slicing, dinking, and more. Sturdy sneakers and comfortable clothing are a must. Players should also bring a water bottle and paddle if they have one (loaner paddles are also available). Minimum: 4, Maximum: 10.

Instructor: Ron Tofani

Location: Bayside Park, Lower Tennis Courts

7/23-8/6 TH 11:00-12:30 pm \$20(R)/\$30(NR)

WALK WITH EASE

Ages 55+

This six-week program is developed by the Arthritis Foundation to help those with arthritis and chronic pain to find relief through walking and regular exercise. Participants will learn about basic stretches and the 5-Step Walking Process to reduce pain, build balance, and increase walking pace. The class is open to all, even those without arthritis pain that would like to develop a healthy routine through walking. Each participant will receive a Guide Book with further info, resources, and walking diary. Class schedule is instructor-led two times per week, and then one day of walking on your own or as a group. **If you have taken Walk with Ease before and would like to join in for walking with the group, use A1 when registering. Does not include Guide Book or lecturettes.**

Minimum: 6, Maximum: 15.

Instructor: Walk with Ease Certified Instructor

Location: Colchester High School, Room 101

NEW TO PROGRAM

A: 6/29-8/5 M&W 10:00-11:00 am \$30(R)/\$40(NR)

RETURNING PARTICIPANT

A1: 6/29-8/5 M&W 10:00-11:00 am \$10(R)/\$20(NR)

2020 FACILITY/PAVILION RENTALS: 2020 OPENING DATES:

Facility Reservations for the Summer of 2020 begins Tuesday, January 7, 2020 (residents) and Tuesday, January 21, 2020 (non-residents) ONLINE REQUEST AVAILABLE THIS YEAR!

Airport & Bayside Pavilion Fee Charges:

Resident	\$ 100.00
Non-Resident	\$ 200.00

In order to receive the resident fee, the individual/group/organization/business must provide proof of residency in Colchester, Vermont, with payment made by same individual/group/organization/business at time of reservation request. Acceptable documents include: utility bill, tax bill, land line phone bill or any document tied directly to the residence. Failure to provide proof of residency with same payment, will result in Non-Resident fee being applied.

Pavilion Rental includes picnic tables, charcoal grill, power and covered pavilion space

For more information and to find a Pavilion Use Request form visit: colchestervt.gov/365/Forms

Skateboard Park	Open May 1
Airport Park Bathrooms	Open May 1
Bayside Park Bathrooms	Open May 1
Pavilion Rentals	May 1 - Sept 29

Athletic Field Usage:

For more information on renting the Town of Colchester's Athletic Fields contact the Parks & Recreation Department's Assistant Director, Derek Mitchell at 264-5642 or email at dmitchell@colchestervt.gov for fees and availability.



PLEASE SCOOP Your Pet Poop!

Here's the Scoop

Besides being unpleasant to the eyes and nose, pet waste is an environmental pollutant that can cause serious harm to waterways and humans that have contact with those waterways. A quick rain is all it takes to transfer dog droppings from the ground into our streams, lakes & rivers.

- A single gram of pet waste contains an average of 23 million fecal coliform bacteria, some of which cause diseases in humans.
- Water that contains high levels of bacteria and other pathogens from animal waste are unfit for human contact.
- As pet waste decays it uses up oxygen that fish and aquatic life need to survive.

Did you know?

- Pet waste attract fleas, flies and other insects which adds another source from which diseases can be transmitted.
- According to the FDA an average sized dog makes at least one half pound of poop each day. That equals to a half a ton of poop each year from that one dog!
- When you leave your pet's poop on the ground, you violate the Town of Colchester's Code of Ordinances; Chapter 18, Section 18-14.

Helpful Tips

- Make use of the provided 'Scoop the Poop' bag stations located around our beautiful Colchester Parks.
- Bring your own bags. Scoop up the waste and turn the bag inside out and around the waste.
- Dispose of bags (please tie the bags) by bringing them with you or using a trash receptacle. Do not throw bags into the trees or off to the side of the trail. Not only is this littering and unpleasant to look at, poop not disposed of properly can lead to potential health, environmental issues and subject to penalties and costs.
- Teach your children the importance of picking up after your dogs.



Please be a responsible dog owner by being proactive towards keeping our parks, trails and water clean!



AIRPORT PARK: 500 Colchester Pt. Road, 64.5-acres. 1.3 mile jogging/x-country ski trail, parking, restrooms, picnic area, pavilion, playground, 4 ball fields, 2 soccer fields, 2 sand volleyball courts, 2 tennis courts, 1 basketball court, and lighted ice skating in the winter.

BAYSIDE PARK: 2 West Lakeshore Drive, 22-acres including parking, restrooms, bathhouse (beachside), picnic area, pavilion, playground, swimming beach, Bayside Activity Center, 2 shuffle board courts, 4 tennis courts, 1 basketball court, 2 sand volleyball courts, 1 football/lacrosse field, 1 lighted softball field, and a skatepark.

BONANZA PARK: Bonanza Drive, .6-acre neighborhood park with limited playground and all-purpose field.

CAUSEWAY PARK & RECREATION PATH: Mills Point Road, 4-mile path connects to original Rutland Railroad bed and causeway across the lake (constructed during 1897-1900). Renovated gravel path suitable for walking, biking, and fishing access. Duck hunting allowed (in season). Park at Airport Park or in the Mills Point Road lot. **CURRENTLY CLOSED UNTIL SPRING/SUMMER OF 2020 FOR REPAIRS.**

HEINEBERG ACCESS/BILLADO PARK: Heineberg Drive, 4-acres, Town and State access to Winooski River.

FORT ETHAN ALLEN PARADE GROUNDS: Dalton Drive, 19-acres, owned mutually with the Town of Essex. Playground, tennis courts, 2 soccer fields, cricket, rugby, gazebo, walking trail.

HERITAGE PARK: Heritage Drive, 1-acre, parking, playground, tennis court, basketball court.

LAW ISLAND: West of Causeway off Colchester Point, 8.5-acres owned by the State of VT and managed by the Town of Colchester. Camping permitted, duck hunting allowed (in season), compost bathroom available.

PORTER NATURAL AREA: Mills Point Rd. 56-acre natural area.

ROSSETTI NATURAL AREA: Holy Cross Road, 47-acres of natural area conserving wetland, woods and sand beach.

SUNNY HOLLOW NATURAL AREA: Hercules Drive, 80-acre diverse area, 3 miles of walking, mountain biking and x-country trails, limited parking.

VALLEYFIELD PARK: Valleyfield Drive, .65-acre neighborhood park with limited playground and all-purpose field.

VILLAGE PARK: Behind Colchester Water District Building, Main Street. 66-acres, primitive park with a trail network that is just under a mile.

2020 REGISTRATION FORM

One form can be used
for all family members
that live in the same
household.

Participant's Last Name: _____ First Name: _____

Parent's Last Name (if participant under 18): _____ First Name: _____ DOB(required): _____

Mailing Address: _____ City/State/Zip: _____

E-Mail: _____ Home Phone: _____ Work Phone: _____

Cell Phone: _____ Cell Provider (for text updates - optional): _____

Emergency Contact (other than parent): _____ Relationship: _____ Telephone: _____

Please list any special needs which will require accommodation for participation: _____

Please list any allergies (food, insect, plant, or medications): _____

PARTICIPANT NAME	GENDER	DOB M/D/Y	ENTERING GRADE	T-SHIRT SIZE (YS-AXL)	PROGRAM NAME	SESSION LETTER (A/B/C) (if applicable)	CLASS FEE
Total Amount Due:							\$

PAYMENT METHOD (CHECK ONE):

☐ Check (payable to Colchester Parks & Recreation) ☐ Cash ☐ Credit Card (Visa, Mastercard, American Express, Discover Accepted)

Credit Card #: _____ Exp: _____ Security Code: _____ Zip of Cardholder: _____

Registrations can be made as soon as you receive this brochure. Participants may continue to register for programs until they are full. We do our best to accommodate those with special needs. With few exceptions, our parks and facilities comply with the Americans with Disabilities Act. Children and adults with special needs are encouraged to participate in our programs. Staff members are receptive to your needs and will do everything possible to assist you. If you are interested in participating in a program, but are not sure about the accessibility of a facility or wish to discuss program details, please call the Recreation Department and ask us about specifics. Classes that do not have the minimum number of registrations may be cancelled. Registrants will be notified by mail or phone and will receive a full refund. Refunds will not be given once a class begins, and are available up to 10 business days prior to the start of the program. A \$6.00 administrative fee will be charged when a refund is requested. By participating in the Town of Colchester Recreation programs, participants may be photographed for future publicity or recognition of events. By signing up for the programs you willingly signed a waiver that grants the Colchester Recreation Department permission to use your photograph to promote their programs. Pictures taken in specific programs may be used for up to 10 years. Non residents may register for any program offered, on a space available basis, beginning on February 14, 2020.

Town of Colchester Release and Indemnity Agreement

Whereas, the undersigned has requested the use of services, equipment, or facilities belonging to or under the auspices of the Town of Colchester, Vermont, and to engage in activities for the executive benefit of the undersigned: and Whereas, the Town of Colchester does not wish to be liable for any damages arising from personal injury or property damage sustained thereby:

Now therefore, in consideration of the mutual promises and other good and valuable consideration, the undersigned does hereby for themselves, their heirs, executor, employers, successors or administrators, and personal representatives;

A. Assume full responsibility for any personal injury or any damage to his/her personal property which may occur directly or indirectly in the course of participating in rec. activities B. Fully and forever release and discharge the Town of Colchester, its agents, officials, and employees, from any and all claims, demands, damages, rights or action, or causes of action, present or future, whether the same be known, an anticipated or unanticipated, resulting from or arising out of the above described activity. C. Agree that it is the intent of the undersigned that this release and indemnity agreement shall be in full force & effect any time after the execution hereof.

Name of Participant: _____

Signature (of parent or guardian under 18): _____

Date of Signature: _____



COLCHESTER PARKS & RECREATION DE-
PARTMENT
781 BLAKELY ROAD
COLCHESTER, VT 05446

PRSRT STD
U.S. Postage
PAID
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Burlington, VT 05401

**ECRWSS/EDDM
CARRIER ROUTE PRESORT
POSTAL CUSTOMER**

FOUR SIMPLE WAYS TO REGISTER...

<p>► Online Log onto colchestervt.gov/Recreation and register for classes! Major credit card and family sign in/ password will be needed</p>	<p>► Fax in (802)264-5647 Complete the registration form including your credit card information on the form. Incomplete forms will not be processed.</p>	<p>► Mail in Completed registration form with payment to: Colchester Parks & Recreation 781 Blakely Road Colchester, VT 05446</p>	<p>► Drop by the office Monday - Friday 7:30 a.m. - 4:30 p.m. 781 Blakely Road Second Floor</p>
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NEW ONLINE REGISTRATION SYSTEM

The Colchester Parks & Recreation Department has a new online registration system as of December 2019. Our new system will provides 24 hr access and your account information is private and secure.

EVERYONE WILL NEED TO CREATE A NEW ACCOUNT IF THEY HAVEN'T MADE ONE SINCE DECEMBER 2019, REGARDLESS OF PREVIOUS PARTICIPATION IN COLCHESTER PARKS AND RECREATION PROGRAMS:

1. Click on Create an Account link
2. Fill out the form for New Account Request completely, including all required fields (birth date, email address, etc.) and click submit. Please submit your request only once.
3. Please note: If you are registering a child for an activity, please use your own information when filling out the online registration account request form, NOT the information of the child you wish to register for an activity. Once you have an online registration account, you will have the opportunity to add family members.